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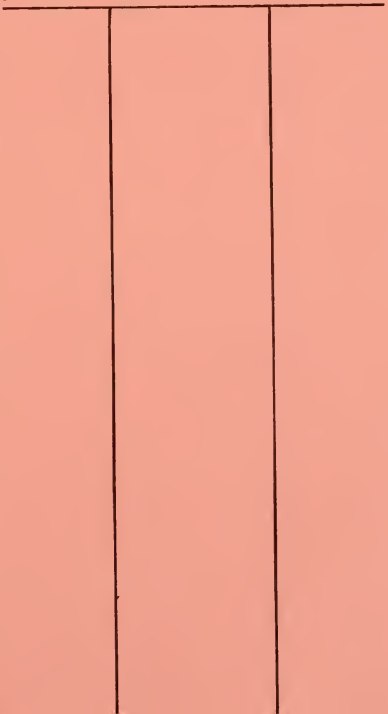

HEALTH
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Gerontocomy

Medicina Gerocomica

OR, THE

Galenic ART

Of PRESERVING

Old Men's Healths,

EXPLAIN'D:

In Twenty CHAPTERS.

With an APPENDIX, concerning the Use of Oils and Unction, in some Diseases. And a Method, from a *Florentine Physician*, of curing *Convulsions* and *Epilepsies*, by external Operation.

By Sir JOHN FLOYER, Kt. of *Lichfield*, M. D.

The Second Edition, corrected. *To which is added,*

A LETTER to the Hon^ble Mr. *Ch----- St----- :*

Concerning the Regimen of the Health of the Younger Years and Adults, as *Galen* has describ'd them.

Pugnandum tanquam contra morbum, sic contra Senectutem, Cicero de Senectute.

Calidâ lavatio & Pueris & Senibus apta est vinum dilutius Pueris, Senibus meracius. Cels. de re Medic. lib. 2.

LONDON:

Printed for J. ISTED, at the *Golden-Ball*, between St. *Dunstan*'s Church and *Chancery-lane* End, in *Fleetstreet*. MDCCXXV. Price stitcht 2 s. 6 *d.* bound 3 *s.*

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THE PREFACE TO THE

ART of Preſerving *Old MEN's* Healths, in which the Method of Knowing their Conſtitutions is deſcribed, and the Diſeaſes obſerved in Old Men, with the Method of their Cure, by Taſtes contrary to the *Cacochymia's*.

EVery Man is a Fool, or becomes a Phyſician, when he arrives to 40 *or* 50 *Years of Age, by obſerving what Air, Diet, Exerciſe, Evacuations, Sleep, Paſſions, agree beſt with his natural Conſtitution, and what have moſt injured it.*

A moderate Uſe of theſe Things preſerves our preſent Healths, and prevents the Increaſe of the Cacochymia's, *which are the Cauſes of Diſeaſes.*

'Tis neceſſary for every old Man to know his natural Conſtitution, whether hot or cold; and this he cannot know eaſily, without his Know-

ledge of the Pulse of the most healthful Persons, which, in a Minute, runs from 70 *to* 75 *Beats, in a Morning fasting; all Numbers above* 75, *shew hot Constitutions, and all lower Numbers the colder. This is the most certain Method; tho' by the Evacuations of Choler,* Salt Serum, *or* Atrabilis, *we know all the sorts of hot Tempers; and by the Evacuations of a slimy* Pituita, *or sour Humours, or watery* Serum, *we know all the kinds of the cold Constitutions. As to the moist or dry Tempers, this depends on the Fulness or Defect of a sweet Nutriment, and due Quantity of Humours to fill the Canals of the Solids; and the old Man may observe, that by a constant use of a hot Diet, an acquisititious hot Temper of hot Humours may be acquired, and by a cold the contrary; and if we thus distinguish our Constitutions, we may easily know how to alter them nearer to the best Temper and Pulse.*

The Galenists *had no better Way to know a moderate healthy Temperament, than by conjecturing by the feeling of the Fleshy Habit of the Body, whether very hot or very cold; and they mistook the* Temperament *of the Parts which were Solid, and did not know that they had their* Temperaments *from the* Circulating Blood, *which gives the* Hot *and* Cold *Qualities to the* Solids. *The* dry *and* moist Tempers *depend also on the Quantity of Humours; but they did not know the* Circulation, *which is the* Vital Faculty, *which produces the* Respiration, *and*

the

the Digeſtion, *and* Mixture *of* Humours, *and the ſeveral* Secretions; *thro' the* Glands *of the* Liver, *the* Bile; *thro' the Glands of the* Brain, *the* Animal *Spirits*; *thro' the Glands of the* Primæ Viæ, *the* Saliva *and pancreatic Juice, and* Mucus *of the Stomach and Guts*; *thro' the Glands of the Skin and Kidneys, the ſalt* Serum; *thro' the conglobate Glands, a nutritious* Serum; *the* Semen *thro' the Glands of the Teſticles.*

The ſanguine *Conſtitution is the moſt ſweet and healthy Temper of our Blood, which then abounds in Quantity*; *and by theſe cool Taſtes we diſtinguiſh the cold* Conſtitutions, viz *the* watery, *the* ſlimy, *the* ſour; *and theſe are the hot* Cacochymia's, *the* bitter acrid, *the* ſalt, *the* acid, acrid, *the* Atrabilis: *And if we thus ſenſibly diſtinguiſh all Conſtitutions, we muſt cure all the* Cold *Taſtes by the* Hot *Regimen, and the* Hot *Taſtes by the* Cold *Regimen.*

The Melancholic Humour *is called the* Splenetic, *or the* Decay'd State, *or* Fœces *of the* Blood: *In* cold *Tempers, 'tis ſour, like the* Tartar *in our Wines*; *in* hot *Tempers it more reſembles the* fœtid *Spirits of* Tartar, *or Spirit of Salt, or Vitriol.*

The Melancholic Humour *is black, and is evacuated by Spits, Hepatic Flux, black Urine and Vomits, or the Lympha of the Eyes, or Sweat, and it tinctures the Skin black. It is originally bred by* Obſtructions, *and the Blood ſtagnates in the Veſſels of the* Meſentery *or* Spleen, *and*

that

that occasions the Melancholic Winds, and all Acids turn the Blood black, which is called Melancholic, *viz. the Blood it self is either* sour, *or* acid, *or* acrid ; *it naturally runs off in bleeding Piles.*

All Hot Humours, *as the* bitter, acrid *Bile, the* Salso Acid Serum, *the* vitriolic acid *Taste in Blood, and putrid Humours, are bred by* violent Circulation, *and the* Cold *by a* slow *and* weak one, *all which are known by the Pulse : Therefore the Art of preserving* Health, *requires that Use of the Non-natural Things mentioned, which will reduce our Pulse to their natural numbers, in a Minute* 75, *and then no* Cacochymia *will abound or increase to hinder any natural Action, which then becomes a Disease : And then we cure the Quantity of a* Cacochymia *by* Evacuations, *and its* Quality *by a Taste of such Medicines, as are contrary to the Tastes of the* hot *or* cold Cacochymia's.

To prevent a Disease, *has the same* Indications *as to cure : that is, the* Cause *must be prevented which would produce it. The Causes which produce Diseases, are the Fulness or Emptiness of the Vessels ; and this is known by full or empty Vessels, and their great and low Pulses.*

The Second Cause *of* Diseases, *is the* hot *and* cold *Qualities of the* Blood *rarified or condensed, by an* Ebullition *or* Fermentation, *or* Putredo *of* Humours ; *and this is known by a quick and frequent Pulse, or if slow, rare, de-*

clares

clares the cold Temper of the Blood; ſo in Lethargies the Pulſe *is ſlow from the Abundance of* Serum *in the Head.*

The Sizineſs *of* Humours *is the 4th Cauſe of Diſeaſes, as Inflammations in the Parts by obſtructing the Motion of the Blood in the Veſſels or Glands, with Pain; and this is known by a hard and frequent Pulſe.*

Evacuations *make the* Pulſe *ſmall and ſoft: They who obſerve their* Pulſes *in* Plethora's, *or* Maraſmus, *in Feveriſh* Ebullitions, *in* Inflammations *and hot* Pains, *or the cold Windineſs, and in* Hæmorrhagies, *the* Pulſe *is great and empty, on ſtop of the* Menſes, *quick and frequent, but more full; they will find that the Cauſe, which alters the* Pulſe, *is the Cauſe of the Diſeaſe, and there are as many Diſeaſes as Cauſes which alter the* Pulſe, *and the ſame hinder the* Animal Actions.

The Circulation *thro' the Head, is the* Animal Faculty, *the Plenty of the* Spirits *moves the Heart vigorouſly to project the Blood thro' the* Arteries, *and the* Reſpiratory Muſcles *accelerate its* return *to the Heart: And the* Cacochymia *mix'd with the nerveous* Lympha *produce all the Diſeaſes in the* Brain: *The* cool Cacochymia's *produce* Oblivion *and* Fatuity, *by condenſing* the Spirits, *and* ſlow Motion *of the* Circulation *moves the* Pulſation *of the* Cephalic Membranes *weakly, but if the Humours be ſizey, they ſtop*

the

the Circulation *in the Brain, and occaſion* Apoplexies, *and in the* Medulla Oblongata, Palſies.

The bilious Cacochymia's *cauſes the* Vigiliæ, *and if alſo* ſizey, *they inflame the* Membranes, *and produce the* Phrenitis *and* Diliria; *and then the* violent Motion *or* Pulſation *of the* Membranes *gives the* furious ſtrong irregular Motion *to the* Animal Spirits; *and ſome of the* melancholly black Blood *mixing with the* Spirits, *gives ſome* Darkneſs *to the natural* Luminoſity *of the* Spirits, *or clogs* their Motion, *or confines* them *continually to ſome particular* Idea, *with* Fear *and* Sollicitude *about it*: *But if the* corroſive *or* windy Atrabilis *be* ſeperated *by the Glands with* its luminoſe Lympha, *they cauſe the* Epileptic Exploſions, *or* Convulſions, *when the* Nerves *are irritated by a Fulneſs of it.*

Hipp. Aphoriſm. Lib. 3. *Theſe are the* Diſeaſes *which commonly happen in* Old Age: Difficulty of Breath, Coughs, Strangury, Diſury, Nephritic Pain, *and the* Rheumatick Pains of the Limbs; Dyſenteries, Ill Habit of the Body, Fluxes of Humidities from the Eyes and Noſe, Giddineſs, from 40 to 60 Apoplexies, Watching, dull Sight, *and* Hearing, Itching, Teneſmus.

The Itching *is through the* Want *of* Perſpiration; *in the* Teneſmus, Hippocrates *commends*

mends emollient Glysters, *and* Baths *of* Emollients; *in* Dysenteries, *Whey or Milk in which* Hot Stones *or* Iron *is quenched*; *in* Leprosies, Aqua Calcis *mixed with Milk or Whey*; *for the* Strangury, *warm Baths, lenitive Purges, cool* Diuretics; *for the* GOUT, Coolers, *a* Glyster, Purges, Whey, Asses-Milk; *for the* Sciatica, lenitive Purges, *and* warm Baths, Asses-Milk, *a strong* Purge. *To help* Expectoration, *he commends* Oxymel; *for Pains of the* Hip *and* Back, *bleeding in* Vena Poplitis *or* Malleoli Externa; *the* Splenetics *who are* pituitous, *require hot Medicines, but the* bilious *cool ones*; *in Ileon,* Glysters *and* warm Baths; *cold Water in a* Causus; Vomits *help* Expectoration *when* sweet Tastes *and* Oils *cannot:* Water Drinking *and* thin Diet *hinder* Imposthumations: Warm Baths *agree better in* Pleurisies *than in the* Phrenitis; *Bleeding cures the* Vertigo, *if done in the* Neck, *the* Forehead, *or* Nose; *in the* Lethargy *use a* Vomit; *in the* Gutta Serena, *on the* Synciput, *a* Trepan *to let out the* Water; *in the* Opthalmy *bleed, purge, cup, Water-drinking, and warm Baths: A* Vomit *for a* Diarrhæa, *and it also takes away* Costiveness. *We must not purge strongly the lienose, the hoarse dry Coughs, Asthmatics, Icterics, in the* Strangury, *in* Hæmorrhagies, *and weak* Digestion, *nor in Beginning of* Inflammations: *These* Collections *may be use-*

ful to old Men, *as they fall into* Diſeaſes ; *but* Hippocrates's *Character of* warm Baths *deſerves their chief Attention.*

Temperate Baths *of warm Water allay Pains*, maturate *and* expectorate *the* Spit, *and eaſe the* Breathing ; *they help* Laſſitude, *by mollifying the Limbs and Skin* ; *they promote* Urine, *and take away the* Heavineſs *in the* Head ; *they* extenuate *if uſed faſting and cool, and heat and moiſten after Meat, and* warm Baths *are* reckoned *as part of the* Diætetics, *or* warm Regimen.

If the Engliſh *Nation underſtood the true* Uſe *of* warm *Baths and the* cold, *they would, like the old* Romans, *make* Baths *in their Houſes, and thereby more effectually cure all* Cacochymia's, *the common Cauſes of Diſeaſes, than 'tis poſſible to effect by inward Medicines alone : They would help our Digeſtions, promote or ſtop the Circulation or Secretion of Humours, by rarifying or condenſing of them, and till ſuch Conveniences can be got, I have propoſed the Perfuſions of warm Water once in a Week to help all Animal Actions, tho' in a weaker Degree than moderate warm Baths.*

For feeding lean old Men, Bathe till the Fleſh ſwells, and not till it ſinks ; theſe relax the ſolids, and attract the Fluids into the ſolid Canals.

The

The Indications of Cure are usually taken from the natural Temperament, the Cause of the Disease, and the Strength; and since the Nature of the Pulse shews all these, by a vehement or strong great Pulse, we know the Strength; by its Numbers the great Recess from the moderate natural Pulse: By comparing the Cause and the Strength, we proportion our Medicines, and prædict the Events: But without external as well as internal Medicines, we can effect few Cures: Therefore a Bathing Vessel, as well as a Pulse-Watch, is necessary for infirm old Men.

I first describe the Causes *of* Old Age, *then how to preserve the present Health by the six Non-Naturals, and by what Regimen and Medicinal Tastes the* Cacochymia's *may be cured, that they may breed no Disease.*

Many old Men die of Fevers intermitting, and they are distinguished according to the bilious, pituitous, or melancholic Constitutions: Therefore these may be prevented by curing those Cacochymia's. *The old Writers prescribed Bleeding* ad animi Deliquium, *and Water-Drinking after the Concoction of the viscid Humours, which make continent Fevers; but these turn'd into the Intermittents, when part of the colliquated Humours circulate thro' the* Primæ Viæ, *they become the Ferment of every Fit. Old*

Men die in the cold Fit, or by Translation of the Viscidities to the Head. All Obstructions in the circulating Vessels or the Glands produce symptomatic Fevers, such are Inflammations, Gout, and Defluxions, Stop of natural Excretions, or the Secretions in the Liver, Spleen, conglobate Glands, and Brain; and warm Baths help all Secretions, but are not convenient in Fluxes, nor in Hæmorrhagies, *tho' they may revel from the inward Parts to the outward.*

A Diary Fever is cured by bathing three Days at the End of the Fits, and thin Diet with Friction and Unction.

Salt Baths, as Sea-water, heat and dry us. This Revulsion I find prescribed in Galen, *Bleeding or Scarification on the Ancles; for the Asthma, Plague, old Sciatica, Pains, Inflammation of the Eyes, old Women's Diseases; but we ought to renew the bleeding in* Vena Poplitis, *and the Terebration through the Ribs in Dropsies of the Breast, and* Empyema's, *and the Scarification in Dropsies, and Bleed in great Cases to 2 or 3 Pounds: and help the Suppression of the* Menses *by warm Baths, after Bleeding in the Foot, and* Hiera-picra *with Cinnamon added to it.*

An old Man's Body is like a Plant dried by the Sun; its Fibres are stiff, and Juices decayed, and less than in Youth, and they cannot prepare new Nutriment to repair the decay'd Solids and Fluids. The

The Lord Verulam, *in his Hiſtory of Life and Death, compares the Body of Young and Old Men; and gives us theſe Decays of the Old, which I will range under the Decays of the Solids, or fluid Humours, or Spirits.*

The Alteration in the Solids are a dry and wrinkled Skin about the Forehead and Eyes; hard Fleſh, the Viſcera *are dry and obſtructed; and this weakens the Digeſtion and Secretions, the Decay or Want of Teeth, white Hairs, or Baldneſs: Siccity precedes Coldneſs in old Men, and the Degrees of it may be known by the Dryneſs of the Skin.*

The Alteration in the Humours, which are more phlegmatic, and melancholic, and the Blood colder than in their Youth, (but in ſome above the moderate healthful Degree) the crude watery Serum *abounds, and that makes them more Subject to chronical Diſeaſes, and leſs to acute; the Pulſe is obſcure, and ſlower than in Youth, Wounds and Ulcers heal ſlowly, Paleneſs in the Face, or ſetled Red, many Catarrhes, Obeſity, which ſucceeds the Decay of Heat from the oily part of the Chyle coagulated; all the Faults of the Humours may be known by the Pulſe and Urine's Colour or Contents.*

The Alteration of the Spirits is ſeen in their weak Strength, ſlow Motion, ſtooping of the Body, and trembling Seni tardior Venus; *few Animal Spirits, which makes their ſenſes*

dull

dull or deficient; our decay'd Animal Actions and weak Pulse, discover the want of Spirits.

For the Decays of the Solids, we can find no Help like warm Baths and Unctions; for the Decays of the Humours, the Cure of the Cacochymia *is necessary; and for the want of Animal Spirits, the nutritive and cordial Diet: The Motion of the Spirits is stopt by Sleep, Rest, and governing the Affections, by Water-Drinking, thin Diet, cold Air, Fasting, or a spare Diet, and cold Cloaths; drink Water at Bed-time to procure sleep; Opiates divert the Spirits by extatic Dreams; all Smells suddenly refresh the Spirits; Aromatics and Wines inflame them. These Things destroy the Spirits; Vehement Affections, profuse Feasts,* Venus immoderata, Labores ardui, Studia intensa, *and much Business; but Joy, Hope, Contemplation, and remembring the Actions in Youth, expand them.*

For the Prolongation of Life, the Lord Bacon *advises to exclude the Air, which depredates the Humours by cool Cloathing, cold Baths, and those of Chalybeate Water, and by Oils; and the* Irish *live long who anoint themselves with salt Butter, and they used* Indusia Crocata; *and for Itch, strew* Sulphur Vivum *on a Shirt, and boil it in Water, and dry it; and* Hippocrates *advised oiled Shirts*

in

in the Summer. Lord Bacon *adviſes Oil Olive or Almonds, with Salt, for Longævity, every Morning with Linnen or a Sponge; an Oiled Shirt is moſt convenient; and we may beſt uſe Unction without Bathing, for Unction in the Winter prevents the Cold; but we muſt not mix hot Aromatics with the Oils, only Roſes or Myrtles, and uſe not theſe till* Cathartics *have been uſed, and in Bodies who perſpire too much: Unction muſt always be uſed with warm Baths ordinarily.*

There is no true Method of prolonging our Lives, but by a right Uſe of the Six Non-Naturals, by which we may repair our decaying Spirits, renew the nutritious Humours, and ſoften and relax the dry and obſtructed Solids: All the Medicines of Gold, Gems, and Decoctions of Wood, or ever green Plants, are Deluſions; and the Medicina Statica *is impracticable. The* Balneum Aquæ Dulcis tepidæ *is uſeful to feed and cool old Men with Unction; Cold Bathing for Hectical Perſons;* Lavatio Corporis in Aqua frigida bona ad longitudinem vitæ, *Lord* Bacon. *The beſt Diet is of ſweet Taſtes, and the leaſt nutritive have an Acidity, Saltneſs, Acrimony, and Bitterneſs mixt. Theſe make good Medicines for decayed Stomachs, eſpecially the Bitter and Styptics in Wine or Brandy, and the Stomach muſt be purged by* Aloetics;

and

and Steel Wines may be used against Obstructions, Spring *and* Fall; *but the use of oily Medicines seem necessary inwardly for the Dryness of the* Viscera, *such as this, bitter Almonds blanched 2 ounces, Honey 4 ounces, mix them by pounding, or Soap, with Hepatics in Pills, with Rhubarb, Crem Tartari; or Oil of bitter Almonds, and Syrup of Horehound and Sugar.* Bartolet *prepared a Tincture of Steel, with Oil Olive, for the melancholic; Emulsion of bitter Almonds may be used, or a distilled Water with Brandy, or* Ratafia *Cakes. The* Galenists *used bitter Almonds very much in the Jaundice and intermitting Fevers: It supplied their want of the* Bark, *having something of its Taste, so have Peach Kernels. The Kernel bitter Tastes, such as bitter Almonds, may be infused in Brandy or Wine, 4 ounces to a quart. This Taste is wanting in Practisers; the most agreeable and effectual Bitter; the best Cordials are volatile Salts, aromatic Oils, Saffron, Ambergrease; bathing the Feet often makes the best Revulsion from the Head; a tenth part of Niter, with common Salt mixt, cools all Humours, and hot Spirits, and so do Opiates, the Circulation is best preserved by Exercise and Friction, and the* Indusia Setosa.

Old Men must eat no Flesh Suppers, but use any Varieties at dinner they can digest, and use a small Table-drink of 3 or 4 Strike

of

of Malt to a Hogſhead conſtantly, Broths, Wine, Milk, Eggs, nouriſh old Men beſt.

The Lord Bacon *has truly obſerved, that repeated gentle Purges conduce more to Longævity than Exerciſes and Sweating, by which the nutritious Humours and Spirits are much evacuated; and the Purges carry off the phlegmatic Humours, and ſtimulate all the ſecretory Veſſels; to cleanſe all the* Viſcera, *the* Terebinthinates *are moſt commended by the old Writers.*

A Pulſe-Watch may eaſily be made by making the Minute-Finger large, and to run round the Plate.

The bathing Veſſel may be ſo ſmall as a wooden Ciſtern for Wine Bottles, to hold ſo much warm Water as will cover both Feet to the Ancles. For hot Tempers, put into it a handful of theſe Herbs, any one of them, Mallows, Dandelyon, or Fumitory; for cold Conſtitutions, Wormwood, Chamomile, Elder; in Cephalick Caſes, Sage, Rue, Lavender, Bayes; in Pectoral Maladies, Fennil, Dill, Coltsfoot, ſtrew a handful of any of theſe in the bottom of the Veſſel, then pour on them boyling Water; to a Baſon full of which add a Waſhball, or 2 or 3 Spoonfuls of Oil, after the Body is rubbed by Bruſhes, uſe the Water all over to cleanſe the Skin, then uſe the Perfuſion of the warm Water in the Veſſel, and ſtand in it to receive the Water; then

dry the Body, and go to Bed at Night: This may be done before the Fire, and within the Compaſs of a Skreen to prevent Cold.

Celſus *recommends warm Baths for Children and old Men; and I am credibly informed that in* Turkey *the* Lues Gallica *is prevented by warm Bathing. The Fabrick of their Baths may be found in the* Turkiſh *Hiſtory, and they will prevent and cure many Diſeaſes.*

The moſt tender Perſons may uſe theſe Perfuſions in the Spring *and* Autumn, *and not in the* Winter; *and by Degrees uſe warm Water after Friction and Unction before a Fire, till they have got ſafely into a conſtant Practice.*

The

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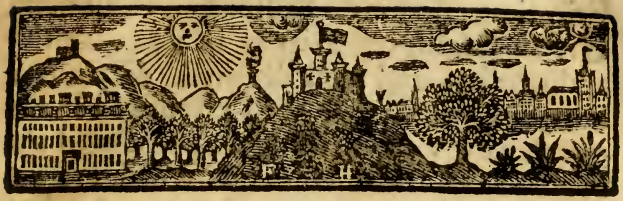
ERRATA.

IN *Preface*. Page viii. Line 4. Read *Cause*. for *Causes*. In the *Book*. p. 8. l. 8. dele the Comma after *Corporis*. l. 10. place a Comma after *juvines*. l. 16. *ob frequèntia*. for *obfrequentia*. l. 20. *agritudo*. f. *ägritudo*. p. 9. l. 2. place a Comma after *ponderis*. l. 16. place a Comma after *imbecelitatem*, and dele after *secunda*. p. 16. l. 26. f. *expedire*. r. *expedit*. p. 17. l. penult. place a Comma after *minuit*. p. 18. l. 7. dele *non*. p. 19. l. penult. f. *sweat*. r. *sweated*. p. 28. l. 25. f. *diatripipereon*. r. *diatrion pipereon*. p. 34. l. 4. f. *Pication*. r. *Frication*. l. 10. f. *Nymphea*. r. *Nymphææ*. l. 20. f. *tepide*. r. *tepidum*. l. 22. f. *Senexture*. r. *Senectute*. p. 35. l. 7. f. *Tabiæ*. r. *Tabæ*. ibid. f. *are*. r. *or*. l. 10. place *aquam* next after *frigidam*. l. 12. f. *inventa*. r. *inventæ*. ibid. f. *que*. r. *quæ*. l. 13. f. *precalefaciunt*. r, *percalefaciunt*. and f. *soli-*



THE

ART

OF PRESERVING

Old Men's Healths, &c.

CHAP. I.

Of the Decays of the Solid and Fluid Parts in OLD AGE, *and the Causes which produce them.*

THOSE we esteem to be well, who are in no Pain, and can perform all the Actions of Life, which some can do till the Fiftieth, Sixtieth, or Seventieth Year of their Ages; but when they leave off all Employments, they must take care of themselves, as to Eating, Exercise,

Frication, Bathing, Passions, Evacuations, &c. In Health our Diet is in due quantity and quality, and well digested, distributed into the Veins, and well circulated in the circulatory Vessels, till it has produced the Secretion of those Humours which are natural; such is Choler, serose and slimy Lympha's, *Semen*, and Animal Spirits; and when the Circulation has expelled the excrementitious Humours, the Urine, which is to be evacuated by the Kidneys, and some of the same Salt *Lympha*, but a little more *Volatile*, must be discharged and perspired by the cutaneous Glands, and expiration of the Air; and the Solid Fœces by Stool.

When all these natural Actions are performed naturally, both our Solid and Fluid Humours are in perfect Health; but when the Solids are preternaturally affected, with Heat, Cold, Dryness, or Humidity, we first observe our Declination from Healthful State; Men that are very Old have their Skins dry, wrinkled, or hard, or Schirous; some feel in the Flesh a Hectical Heat and Dryness; others are Cold and Dry, or Humid; and some Old Men have a Hectical Pulse, which is small, quick, and frequent, their Urines are high colour'd and thick, they Sleep and Eat little, and are thin, and hot in their Flesh, violent in their Passions, and vehement in their Motions; their Bloods

are

are choleric or salt, with sandy Urine and sharp Stools, and scurfy Scales on their Skin, with itching. Other old Men are fat, and of a florid Countenance; these have greater and fuller Pulses, the Urine of a moderate Colour and Thickness; they eat and sleep well, and are most healthful of all Old Men, and live long, if they avoid all Excesses, and use moderate Diet, and Exercise: The Animal Humours produce the Heat, or Coldness, Dryness or Humidity in the solid Parts, according to their natural Tempers and Circulation thro' the Vessels: They also occasion the Schirrosity or Petrification of the solid Parts, by their Viscidity, and their Sizineſs is a lesser Degree of Viscidity, and occasions all Inflammations; they fill the solid Parts with too much Serous, and slimy *Lympha*, if the old Men are cold and humid, which makes the Body pale and swelled: Their Digestions weak, their Pulse rare and slow, their Minds are dull, and Motions weak, and they sleep much, and are injured by Cold, and are subject to Defluxions, *Epiphora*, Coughs, Gripes, Looseness.

The cold and dry old Men are shortest Livers, because their natural Heat and Circulation is decayed; they want Nutriment, which makes them dry, and the natural Heat decays for want of a brisk Circulation.

All Animal Humours decay by being evaporated, like the Arifaction in Plants, and this is the Effect of a too hot *Regimen.*

The Autumn and Winter are most injurious to old Men, whose Heat is weak, and then the Circulation and Pulses are most stopt. In *Spring* and *Summer* they are the most healthful. This is the hot *Regimen*; by our Pulses we know, that hot Air, hot Baths, hot Cloaths, hot Meats, such as are acrid, bitter, salt, fœtid, aromatic, fermented Liquors, hot brandy Spirits, resinous Wines, Tobacco, hot Fires, violent Exercise, hot Passions of Anger, Joy, Revenge, many Cares, much Study, constant *Vigiliæ*, hot Snuffs, much Friction with hot Oyl, much Fasting, soft hot Beds, drinking hot Tea's and Coffee, the stop of natural Excretions by Sweat, Urine, Stools, *Semen*, *Menses*; all these Things are an Excess in the hot *Regimen*; they accelerate the Pulse, and hasten old Age, in the thin hectical old Men. The florid and fat old Men are of a sanguine Constitution, and preserve that Temper by avoiding all Excesses in the hot and cold *Regimen:* They are most healthful, and I reckon them in the middle of the acrid, choleric, and salt Tempers, which abound in the thin hot old Men, and the pituitous and serous Humours and Slime, which

which appear in the cold, fat, pale, old Men.

The cold old dry Men, seem to me the melancholic Tempers, when their Pulses are slow, and the acid sour Humours prevail; but these melancholic Tempers are very inconstant, and have quick Pulses sometimes, when the bitter Choler prevails over sour or acid, the *Atrabilis* being a Mixture of bitter, acrid Choler, with acid sharp Particles, or *Tartar Volatilised.*

This is the cold *Regimen.* By the deficient Pulse we know, that cold Air, cold Baths, cold Diet, which is Water-drinking, and Fruits, slimy Herbs, much Rest and Sleep, many Evacuations by Urine, Stools, Sweat, Bleeding, cold Cloaths, cold Beds, cooling Passions of Fear and Sadness, unfermented Liquors, sink the Numbers of the Pulse, and of these the cold *Regimen* is made to cure hot *Cacochymia's.*

In the first Degree of Heat the Pulse is great, in the second quicker, in the third more frequent.

In the first Degree of Coldness, the Pulse becomes rare, in the second more slow, in the third small.

The Bodies of old Men are cold, because their Circulation is weak, as well as their Digestion; for which Reason they breed much phlegmatic *Lympha* in their Stomach, Nose, Mouth, Lungs, Eyes, from the Crudity

dity of their Chyle, and much pale Urine, for want of Perspiration.

The Pulse of old Men is small, because their Spirits are weak, and the Blood little rarified, and their weak Strength depends on the paucity of animal Spirits.

The Body is consumed by external, as well as internal Causes; the thin and soft Skin is injured most by external Causes, such is the Air, and Change of Season, and Weather; the hard Skin and fleshy Bodies suffer most by the internal Causes, the *Plethora*, and the *Cacochymia's*, Inflammations, Fevers; but some are ill, not from an ill State of Humours, but from some Excess in the *Non-Naturals*. Fat and humid Bodies decay for want of the hot Regimen, and the thin hot old Men for want of the cold Regimen.

Luxury, Slothfulness, dull and weaken the Body, but Labour and Temperance strengthen it, and prolong the Youth, that they may late grow old.

Studies deprave the Digestion, and Abstinence and Satiety spoil it.

Hot Constitutions are more healthful in Youth; they soon breed Teeth, Speak, and increase; they are subject to bilious Diseases till their Declination; they soon grow old.

They who are of hot and humid Tempers, are subject to Defluxions, and Fevers, and a *Putredo*, Hæmorrhagies in Youth, but a moist

a moist Temper, preserves from old Age, according to the old Rule, *Qui maxime humidi, maxime longævi.*

An Inequality of Temper in some Parts depends on Defluxions, Inflammations, Pains, such are *Raucedo*, *Gravedo*, or Rheumatism; an ill use of the Non-naturals, to the Stomach, Head, Skin, alters the natural Tempers by Defluxions, but they do not make the Temper humid, or to want drying Medicines.

The *Tartareous* Diet of Fruits, the mucilaginous, and farinaceous, or leguminous, and oily and fat Tastes are difficultly digested by old Men. The Fibres of Beef, Swine's Flesh, old Creatures, are tough and hard of Digestion. Styptick red Wines are not so agreeable as Sack. From the Salt and viscid Humours old Men have Scales, itching, *Vitiligo* in their Skin, and *Alopæcia*, Strangury from the Salt Urine, and running Pains in the Limbs, and the *Atrophy* of their Bodies, Gout, Stone, *Diarrhæa*, sharp *Catarrhs*, Wrinkles, and Dryness in the Skin. Obstructions are made on the Liver, Spleen, Glands, by slimy crude *Chyle* and its *Lympha*; and these produce Jaundice, Swelling of the Glands, Stoppage in the Kidneys. From viscid fizy Humours all Inflammations, Pleurisy, *Angina*, Peripneumonia, Apoplexy, Palsy, Head-Aches, are produced.

If

If the Digeſtion be aboliſhed, Dropſies, Atrophy, Lienteries; if diminiſhed, Cachexies, Cholicks, Dropſical Tumours ariſe; but if the Digeſtions run too high, Fevers, Scurvies, Inflammations, Leproſies, Cancers, are produced.

Sanctorius's *Aphoriſms.*

84. *Interimunt Senes, coitus, corporis, actualis frigiditas, potio plus juſto, cænare ut juvenes plus debito Iraſci & exerceri.*

85. *Senes ætatem decrepitam non attingunt ob diminutas expultrices, hinc cum plus bibunt minus meiunt, & minus ſolito perſpirant, remediô eſt ut ablatio reſpondeat additioni.*

82. *Senes obfrequentia ſputamina vitam protrahunt, retenta ut incapacia coctionis vel digeſtionis impediunt perſpirationem, unde ſuffocatio & mors.*

83. *Senectus eſt revera agritudo, ſed diu protrahitur, ſi corpus reddatur perſpirabile.*

79. *Majus pondus accelerat ſenectutem.*

80. *Fibræ ſeni duræ, & ut tales non poſſunt renovari amplius, unde mors.*

Exer-

Exercitium animi & corporis violentum reddit corpora levioris ponderis efficit velocem senectutem, & mortem præmaturam minatur.

Pag. 107. *A nimio exercitio Fibræ fiunt duræ unde senectus, quæ est universalis fibrarum durities, hæc condensando meatus calorem suffocat, mollities aperiendo longævitatem facit.*

This is Dr. *Lister*'s Axiom in his Comment on *Sanctorius*, pag. 46. *Uni perspirabili promovendo incumbat, si vitam diu prolongare sanus velit.* This is his Advice to Old Men.

Senibus propter cordis musculorum imbecilitatem secunda, & tertia concoctio tardiores sunt, perspiratio inclinatur in Stomachum & intestina & concoquens septicus vapor fit, unde senes edaces sunt.

Lister, pag. 52. *Ponderis diminutio per inediam vires corporis labefactat, senectutem mortemque accelerat, propter minimorum vasorum Flacciditatem. Octogenarii edaces sunt*, pag. 114.

Chap. II.

Concerning the Right Uſe of Air, Diet, Exerciſe, Baths, Unctions, Friction, Evacuation, Paſſions, Sleep, Watching, for preſerving our preſent Healths.

Galen ſays, He was ſubject to many Infirmities in his Youth, but by this Art of preſerving Health, he lived free from all Diſeaſes the reſt of his Life, but an *Ephemera*, and ſo he preſerved all his Senſes; and he declares, That He is the beſt Phyſician for old Men, who knows the Medicines that will moiſten and warm them. *Gal. lib.* 5. *de tuenda Sanitate.*

The Non-Naturals alter the Pulſe by altering the Blood and Animal Spirits.

1. Hot Air rarifies them, and ſtimulates the Heart to a greater and quick Circulation.

2. Cold Air makes the Pulſe more rare, ſmall, ſlow, by condenſing the Blood and Spirits, thus by the right Uſe of hot and cool Air, we muſt keep the Pulſe as near 70 Beats in a Minute as we can. By this Rule a good Conſtitution is preſerved by a moderate Uſe of all the Non-Naturals; and we correct the morbifick State by a contrary

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Regimen to that which altered the Health; and the Knowledge of the healthful Pulſe, diſcovers all Irregularities, when it runs too faſt, or ſlow, or intermits.

3. Moderate hot Baths raiſe the Pulſe, but immoderate hot ſink it, and make it ſmall and languid. Immoderate cold Baths make the Pulſe ſlow, rare, ſmall; but a moderate Uſe ſtrengthens the Spirits, the Pulſe, and all Motions. Tepid Baths cool and moiſten; but if their Heat be equal to our Bloods, they only feed and moiſten; if hotter than our Bloods, they heat and do not moiſten. By cold Baths we eat more, and digeſt better, thirſt leſs, the Body grows more fleſhy, and Muſcles ſtronger, the Spirits more brisk, the Skin becomes more hard and thick; they ſtop all profuſe Evacuations, too much Perſpiration and hectical Sweats. Bathing after Meats feeds, but is injurious in Obſtructions of the Liver.

Frictions with Oyl, and Baths of freſh Water warmed, and after Exerciſe, feed.

Thus by Bathing we may prevent, every Exceſs in Heat, Cold, Dryneſs, and Moiſture, and cure any Exceſs by contrary Baths: The preventing Diſeaſes, and curing ſmall Degrees, belong to the *Hygeine*; after Watching, Sadneſs, Anger, Friction with Oyl, and temperate Baths, and Quiet, we cure theſe Paſſions, and re-

gulate all our Pulſes Exceſs, or Defect in Numbers, Strength, Magnitude; and by them we muſt be directed when to uſe Hot, Cold, or Tepid Baths.

Tepid Baths cure all Dryneſs from *Venery*, Cares, Anger, Sollicitude, Watching, Faſting, Labour; which Things all old Men ought to avoid. *Refrigerat in jejuno Balneum, calida lavitio pueris, & ſenibus apta:* Theſe are true Axioms.

4. Old Mens Bodies are generally dry, for want of ſufficient Nutriment; and for that Reaſon we preſcribe them a nutritious Diet, to moiſten them; we nouriſh the Body after all Evacuations, and cure Thirſt by Drink; but impure Bodies are injured the more they are nouriſhed.

Old Men muſt eat nothing that is viſcid. Flower Meats, Cheeſe, Roots, Herbs, Pork, breed a viſcid Nutriment; but Wine heats and promotes the Secretions in old Men.

The Indication from the cold Temper in old Men, is to cleanſe the Serous and Viſcid Humours, to which *Cacochymia's*, their weak Digeſtions and Circulations make them ſubject. When the Pulſe runs too low in Numbers, Strength, Magnitude, we muſt uſe the hot Taſtes in Diet; and when the Pulſe runs too faſt, the cooler *Regimen*.

Bread well fermented and baked is the beſt mealy Diet; very old Men live much

much on Milk, ſmall Ale, Sack, Eggs, and Broths.

Old Men muſt avoid great Varieties of Meat, great Quantities, the beſt Diet is moderate as to Heat, and moderately ſtrong Drinks, of an agreeable ſweet Taſte, neither acrid, ſalt, ſharp, fætid, or aromatic, or putrid, nor too ſtrong Liquors; for theſe are hot Taſtes in our Diet, and heat and dry; and the cold Taſtes in Diet ſtop the Circulation, Secretion, and weaken the Digeſtion in the Stomach, and are theſe, mucilaginous Herbs, Fruits, Cucumbers, Acids, Vinegar, Verjuice, Sorrel, watry Taſtes, fair Water, Milk, Whey; Cyder and Water, is proper for hot Conſtitutions in Summer, and many preſcribe one part of Nitre, with ten of common Salt with all our Meats. All Acerbs and Styptics are cool Taſtes. Children and old Men bear faſting very ill, it weakens their Spirits, abates their Heat, dries their Bodies, hinders their Sleep, binds their Bodies; therefore all thin old Men ought to eat little, and three times in a Day, and half a Pint of ſtronger Liquors at Night promotes their Sleep. Old Men muſt be differently nouriſhed; the thin and hot by the Diet of cold Taſtes; the fat and humid by the Diet of hot Taſtes and ſtronger Liquors.

A great Quantity of Meat oppreſſes the Blood and Spirits, and makes the Pulſe unequal; but a moderate Quantity makes

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the Pulſe great, quick, frequent. *Quantum edendum noveris ſi pluribus diebus obſervaveris corpus a ſomno ſine moleſtia ad idem pondus reduci.* Sanctorius.

We know the Acrids by the Taſte in Muſtard Seeds. The corroſive Taſtes are the greateſt Degrees of Acrids, ſuch as are in Garlick and Onions. We diſcern the aromatick Taſtes by Cloves and Cinnamon; the bitter by Hopped Drinks and Wormwood; the pungent or vinous Taſtes in all high fermented Liquors, the very ſweet in Honey and Sugar, and ſweet Fruits, which are apt to ferment; the fætid Taſtes appear in Cheeſe and fleſh Meats; ſtale, ſalt Diet Heats alſo, ſuch are Anchovies, Pickles; but the Acidity of Vinegars tempers their Acrimony.

The Taſtes of our Diet diſcover the Vertues of all Alteratives in our Medicines. The hot Alteratives are of ſome of theſe Taſtes, acrid, corroſive, bitter, aromatic, very ſweet and pungent, ſuch as ſtrong Wines and Malt Liquors; the odorous, the fætid, volatile and lixivial Salts, and Oyls chymical, which are either fætid, aromatic, or of a Salt, burnt, lixivial Taſte; the burnt Calces of Minerals or Animals, retain ſome ſmoak or fiery Particles. Nauſeous purging Taſtes irritate the Circulation by Vomiting, and purging in moderate Doſes; and ſome of

theſe

these we mix with our Diet to heat and accelerate the Circulation.

The cool Qualities of the Alteratives we find in these Tastes; the watery, as Water-drinking, distilled Waters; 2*dly*, slimy Mucilages, such as watery Gums, Acerbs and Stypticks, and Austeres, Sloes, and Oak Bark, Acids, Juice of Lemons, Citrons and Spirits; Opiates, and violent Evacuations by Sweat, Urine, *Menses*, Bleeding, and Fasting, Looseness, sink the Pulse; all physical, hot or cool Alteratives mixed with Diet, are most agreeable to our Stomachs: Wine, Malt Liquors, Broths, Brandy, are the hot Vehicles of our Medicines; and Water, Milk, Whey, Wine and Water, Emulsions, Infusions, Ptisans, are the cooler Vehicles proper for hot Constitutions, and to temper hot Medicines; by all the hot Tastes we help the Secretions thro' the Liver, Spleen, Kidneys, and other Glands; and by the cool Tastes we stop all Fluxes. Old Mens Diet must be directed against phlegmatic Secretions stopt, or Choler, viscid *Serum*, or the salt corrosive *Lympha's*, suppressed or obstructed. Friction supplies the Want of Exercise, and it raises the Pulse 7 or 8 Beats in a Minute. Exercise ought to preceed Eating and Friction. Exercise and Friction, with Oyl in a Morning, and a Perfusion with warm Water, where warm Baths cannot be had,

had, feed much. No diseased part must be exercised, and when the upper Parts are unsound, we must labour with the lower: That Exercise for old Men is best to which they are used. Moderate Exercise and Baths preserve the Circulation, and irritate all the Secretions, as well as Expulsion of Excrements. Dry Meats to dry Bodies, and the moist agree best with the moist in Health, and nourish most.

The Diet of old Men may be 4 Pounds, 1 Pound in a Morning, 2 Pounds at Dinner, 1 Pound at Supper for one Day: But the pituitous ought to fast in a Morning. But my Diet is now (in my 75th Year) not above 3 Pounds and a half; the Circulation and Perspiration are defective in old Men.

5. The Pulse is accelerated, and is made quicker and greater by moderate Exercise; but becomes less and languid by the Immoderate. That is good Exercise, when the Breath and Pulse are accelerated, the Heat is increased, the Flesh is hardened, the Perspiration and other Secretions promoted; but if the Spirits be weak, less Friction and Exercise must be used, *Seni expedire mane oleo ungi & fricari*, and after that gentle Walking, or Gestation in a Coach, without Lassitude, and a warm Bath to cleanse off the Oyl, and for want of that, warm Water may be poured on the whole Body to cleanse and soften, and warm it. Riding is the best

Gestation

Geſtation for old Men. All ſort of Work are Exerciſes, but theſe are too violent, Digging, Plowing, Sawing, carrying Burdens, Ringing, Mowing, Hunting, cleaving Wood, Pounding, Racing, Travelling, Dancing, driving a Chariot.

Theſe are gentle Exerciſes, Sailing, pruning Trees, Riding, Bowling, Billiards, Nine Pins, Fiſhing, Walking, ſome of theſe we muſt uſe if ſuitable to the Strength; and theſe may be uſed faſting, after Friction: For Women, Dancing, Walking, Riding, Spinning, Houſewifery.

To ſoften the hard Skin, and relax the Tenſe, requires Oyl and temperate Baths, Quiet, gentle Friction, and Motion very gentle, after Bathings.

The Friction with Oyl, helps Laſſitude, and diſcuſſes Humours rarified by Exerciſe.

Leather is ſoftened by Oyls, and that prevents its cracking, and breaking; ſo Oyl ſoftens the Skin, which is like Leather; it helps to facilitate the Motion of the Limbs, it defends from Cold, eaſes Pains, and tempers corroſive Humours.

Hot Oyls of Radiſh, Dill, and Orris, help Perſpiration, eſpecially if chymical Oyls be added: *Frictio dura aſtringit, mollis ſolvit, multa minuit mediocris auget carnem.*

Prodeſt interdum balneo, interdum aquis frigidis uti, modo ungi, modo idipſum negligere. We muſt uſe neither Baths, Exerciſe, Unction, nor Friction, but as they are neceſſary for regulating the Pulſe, and indicated by ſome Irregularities in it, *ne ſecunda valetudine adverſæ præſidia non conſumantur.*

For hot Tempers, we muſt abſtain from much Exerciſe, but we anoint a little with Oyl, that is moderate, and then bathe in a temperate Bath, and ſleep after Bathing. Bathing helps Sleep; the cold and moiſt Conſtitutions have Defluxions; abſtain therefore from Baths, but uſe hot Oyntments, Acrids, Exerciſe. The *Jews* uſed Oyl and Waſhing, *Ezek.* 16. *v.* 9. *Deuteronom.* 28. *v.* 40. *Mich* 6. *v.* 15. *The want of Oyl is a Curſe*; and the Goſpel ſays, *The Face may be anointed as well as the Head and Feet.* Since old Age contracts the Skin, Oyls are neceſſary in cold Countries for old Men.

Pollio preſerved his Health inwardly by *Mulſum*, and outwardly by Oyl.

Oyl mixed with warm Water cools.

The Body is made moiſt by omitting Labour that was formerly uſed, by frequent Baths, full Diet, much Drink, Walking; but our Bodies are dried by more Exerciſe, Hunger, Unction, without Water.

Beat Salt with Oyl to make it fluid; and that *Ætius* preſcribes at the end of the Fits of the Gout, and Oyl of Scorpions in the Plague, Stone, and Pains.

Unction is neceſſary with warm Baths for dry Bodies: We muſt uſe Friction, then Unction, and after that a tepid Bath, for an Hour, then if need be, repeat the Unction; uſe tepid Baths, Sleep, and a ſoft Bed to nouriſh. We uſe Friction and Unction in a Morning againſt Cold, or Laſſitude.

Frequent warm Baths, ſoft Friction with Oyl, produce a Laxity in the Skin; but dry Friction, cold Baths, and ſtyptic Oyls, cure it.

Cold Baths moderately uſed, feed, by ſtopping Evacuations. To a Perſon who had been very fat, but by continual profuſe Sweats was reduced to a Skeleton, I adviſed cold Bathing in a Tub, by which he became fat again, recovered his Appetite and Strength in ſuch a degree, that I could not know him, who had only ſeen him at *Walſhall*, very lean, extreamly tender, always ſitting near the Fire.

I have obſerved, that any Diſorders after cold Baths, require Bleeding:

I have obſerved, that after cold Bathing, if the Perſon be put to Bed, he may be eaſily ſweat by Spirit of *Sal Armoniack*: 40 Drops in warm Ale; and by this Method the

ſwelling of dropſical inflamed Legs, may be prevented, and much Urine procured by that Spirit, after cold Bathing, and putting them to Bed.

Many Specifics will have greater Effects, if given in hot, or after cold Baths.

If any Perſon diſlikes Oyl or Waſhballs, he may only uſe Caſtle Soap, and make a Lather with warm Water, and waſh the whole Body once in a Month.

Soap is a Compoſition of Oyl Olive, Starch, Lime Water, and a Lixivium of Pot Aſhes boiled together: Theſe Things ſhew its diſcuſſing and detergent Nature; and this may be made more cooler by Nitre, more ſmoothing by more Oyl or Suet, or more aromatic or acrid by adding ſuch Taſtes.

After hot Bathing, Oyls are uſed to hinder too much Perſpiration. Wine and Oyl, and Salt, uſed with Friction, cleanſe and diſcuſs, and help Laſſitude; if any Method can cure the Tenderneſs of ſome thin Skins, it muſt be Unction, which will make them inſenſible of the Air, ſuch are ſiptic or thickned Oils, with Wax.

6. The Paſſions alter the Circulation. In Anger, Hatred, Envy, the Pulſe is great and vehement. In Joy, great, rare, ſlow. In Sadneſs, the Pulſe is rare, and ſlow, and languid. Fear and Deſpondency make the Pulſe inordinate,

dinate, unequal. Immoderate Paſſions make the Pulſe languid. Studies ſpend the Animal Spirits; in Melancholics the Pulſe is obſcure, contracted, inconſtant, unequal, deficient, ſlow, rare; Modeſty and Shame ſtop the Circulation, as appears by the Fluſhing in the Face. Immoderate Cares and Paſſions, eſpecially Sorrow, haſten old Age. Envy, Ambition, Covetouſneſs, Anger, do decay the Body; but Hope, Love, Joy, are Prolongers of our Lives by their Influence on the Humours.

It is neceſſary to conquer the vitious Paſſions which attend old Age; for which End, I know not a better Diſcourſe on them, than Mr. *RICHARD STEEL*'s concerning old Age, its Virtues and Vices, he truly affirms, *That a chearful Heart, a ſober Diet, and moderate Exerciſe, may defer old Age for a Time.* The vigorous old Age laſts till 70, and begins at 50; the decrepit after 70. --- Eccl. ch. 30. *v.* 22. *The Joyfulneſs of a Man prolongeth his Days*, v. 24. *Envy and Wrath ſhorten the Life, Carefulneſs bringeth Age before the Time*, v. 25. *A chearful and good Heart will have a Care of his Meat and Drink.*

7. The ſtop of Perſpiration, *Venery*, Stools, Urine, raiſe the Pulſe; but all thoſe Evacuations ſink the Pulſe: All Secretions muſt be helped by a *Stimulus* of a Taſte like

like as the Secretion; bitter Acrids resemble Choler, and help its Secretion; Salts promote Urine, which has a salt Taste, and *Vitriolics* or Styptics were accounted good Splenetics; the odoriferous Fœtids, resemble the Animal Spirits. *Crem* of *Tartar* and Honey, or Oyl and Honey, are used for being bound inwardly. *Lotions* of the Feet are proper for the *Vigiliæ*.

Labour, little Diet, little Drink bind the Body, and the binding is least injurious to old Men. Some old Men have Stools once in a Week. The Pulse rises by stopping all Evacuations, which being retained stimulate the Heart.

All sort of *Cacochymia's*, may be evacuated by Sweats, which are sometime salt and smell sour. In the Jaundice, they are bitter, *Lutum vel virus olet*, and the fætid putredinous Vapours evaporate that way in putrid or pestilential Fevers.

Innoxia Venus Solis calidis & humidis Senibus.

In colder Constitutions these gentle Purgatives are suitable to old Men, and necessary to carry off the serous or viscid Humours, *Elixir Salutis*, *Tinct. Sacra*, *Scotch* Pills, *Pil. Ruffi*; and in the hot Constitutions a *Tinct.* of Rhubarb, or to chew it; and a Dose of these being taken at Night; and half an Ounce of *Epsom* or *Glauber's* Salt, or *Cremor*

mor Tartari in the Morning to evacuate Choler, but no ſtrong Purges agree with old Men.

Oyl moiſtens the Excrements and Skins of the Guts in old Men, who are ſubject to Coſtiveneſs: The periſtaltic Motion is decayed, and wants a *Stimulus* alſo.

Sweating may be helped by taking 30 Drops of Spirit of Harts-Horn in a Glaſs of fair Water going to Bed, for Pains or Rheums.

8. Sleep makes the Pulſe ſlower, and more natural in the Morning; long waking ſpends the Spirits, and makes the Pulſe ſmall and rare. Old Men may ſleep longer to compoſe the Paſſions, 10 Hours, or 7 in the lean old Men.

Bathing helps much againſt the *Vigiliæ*, by promoting the Perſpiration of Humours; and a Glaſs of Wine, or ſmall Ale in the Evening, puſhes the Circulation towards the Brain, and allays the violent Motions of the Spirits, which occaſion the *Vigiliæ*. If we obſerve the Heat of the Urine as it is made at Night, it will feel very hot; but if we obſerve the ſame in the Morning, it feels very temperate, all the hot Particles perſpire before Morning.

All Diſeaſes haſten old Age, as well as Intemperance and too much Labour.

Moſt old Men are ſubject to ſome chronical Diſeaſes, which ſeized them in their Youth, or declining Age. By a proper Regimen we prevent their Increaſe; but their Cure belong to Phyſick; but a *Cacochymia* not fixed, is only the Antecedent Cauſe; and this may be attempted by the Non-Naturals, by which the Old Doctors more certainly cured Diſeaſes, than we can by our Specifics; few of theſe would be neceſſary if we uſed the proper Regimen in all the Fits, and to prevent their Returns.

When we find the hot Regimen is neceſſary, then we may uſe hot Specifics, and with the cold Regimen the cooler Specifics: So in hot thin Bodies, the cooler Regimen, and cooler Specifics agree beſt in the Gout and Stone; but in the fat and cooler Conſtitutions, hotter Medicines, and the hotter Regimen. The ſame Obſervation holds in all other Diſeaſes; the hot Regimen and Specifics agree with the cold Conſtitutions affected by any Diſeaſe, and the cooler Regimen and Specifics in hot Conſtitutions; for that muſt be reſpected by all Practiſers in the Choice of the Specifics, as well as the *Cacochymia*, which is the Cauſe of the Diſeaſe.

Men of all Conſtitutions grow old, therefore they are ſubject to different Diſeaſes, ac-

according to their different Conſtitutions, and *Cacochymia's*; and Medicines ſuited to their Conſtitutions, and proper to each *Cacochymia*, muſt be uſed to palliate and prevent the Increaſe of them; no one Method can be uſed to all old Men to preſerve their Healths, they want theſe following Regimens.

1. The extenuating Regimen againſt a *Plethora*, in fat old Men.

2. The reſtorative Regimen for thin conſumptive Bodies.

3. The digeſtive Regimen for crude ſlimy Humours, and Obſtructions, called the attenuating Diet.

4. The cooling Diet and Regimen againſt the bitter acrid Temper of Humours, which produce Fluxes, *Ephemera's*, *Nidorous Ructus*, Thirſt, Want of Appetite, intermitting Fevers.

5. The diluting Regimen againſt ſizey Humours and Salt, to prevent Inflammations and Pains, Pleuriſy, Ophthalmy, Gout, Stone, Strangury, Scurvey, Appoplexy.

6. The Cephalic Regimen against the Irregularity of the Motions of the Spirits in Hypochondriacs, and Hysterics, and Convulsions, *Vertigo.*

7. The binding Regimen against all Fluxes of Serum, or Hæmorrhages.

8. The vulnerary Diet and Regimen against Ulcers of the Kidneys or Lungs.

9. The Diet and Regimen against the *Lepra, Herpes, Itch.*

10. The Regimen in the *Asthma.*

Plato by this Temperance spun out Life to Fourscore Years, and *Galen* to above Sevenscore Years; and *Seneca* concludes, that there is no way to retard old Age like a frugal Sobriety. *Prov.* 10. *v.* 27. *The Fear of the Lord prolongeth Days, but the Years of the Wicked shall be shortned: He that feareth God, and walketh in his Ways, shall see his Childrens Children*, Psal. 128. Thus we find that Piety and Sobriety are the best Preservers of our Lives. *Galen* advises Sobriety, Temperance, Tranquility. *Hippocrates* lived to 90 Years, and his chief Art of preserving Health, was to eat moderately, and to use due Exercise.

CHAP.

Chap. III.

The Extenuating Regimen againſt the Fulneſs of Humours in a Plethora *of the Sanguine Old Men.*

THE Signs of a *Plethora,* full Veins, Increaſe of Fleſh, a ſanguine ruddy Face, the Pulſe ſtrong and full, the Urine high coloured, the Breath purſey, the Appetite great, much Drinking, Sleepineſs, Want of Exerciſe.

1. Avoid all nouriſhing Diet, ſweet Liquors, Ale, Milk, young Animals, much Eating and Drinking; eat but once in a Day; uſe Exerciſe, violent and quick, as Running, faſt oft, the drinking cold Water, or hot Tea's, Coffee, extenuate: We muſt promote Perſpiration by very hot Baths, of *Hum-hums*, after much Friction and Exerciſe, and diſcuſſing Oyls, or *Smegmata*, which are of acrid or ſalt Taſtes; riſe early in a Morning, ſleep little, uſe Meats of little Nouriſhment, cold Baths do not agree with Fat, ſo well as Lean Bodies; Ringing, Rowing, Pounding, Digging, Mowing, Plowing, drawing a Roller, Sawing, Bowl-

ing, cleaving Wood, are proper Exercise for such *Plethorics*, if their Strength will bear it.

More ought to be evacuated every Day, then is taken in Diet, but Health requires an Equality, sensibly and insensibly we evacuate every Day, the whole Weight of our Diet by next Morning, and are near the same Weight every Morning.

2. We must evacuate often by Stools, Urine, Sweats, and then alter the Sweetness of Chyle, or evacuate it by these Tastes.

1. By Acids in our Diet, Vinegar, sharp Wines, Rhenish, old Hock, Cyder and Water mix'd, Stale-beer; drink Verjuice and Water in a Morning, or a Spoonful of Elder Vinegar.

2. Use Bitters in Diet, Hopt and Wormwood Drink, Pine Tops 1 lb. in 4 Gallons of Drink, or Ashkeyes in the same. Mum, Tea, Coffee, Olives, Capers, Rataphia's, bitter Almonds.

3. Use Acrids, as Mustard Wine, or swallow the Seeds whole, or 1 lb. in 4 Gal. of Ale.

4. The acrid Aromatics, Selery, Parsley, Fennil in Broth, Diatripipereon, Daucus Seed an Ounce and half to every Gallon of Ale or Mead.

5. The salt Diet, as Pickles, salt Meats, and salt Fish.

6. Use the Diet which nourishes least, Fish, Birds, the slimy *Olera*, Cabbage, Turneps, dry, roasted,

roaſted, broiled, ſmoaked, or ſpiced Meats, ſtyptic Wines.

7. Uſe Chalybeate, or Bath-water, or the nitrous purging Waters, aluminous Baths, or ſulphureous.

8. We preſcribe Cares, Watching, Venery, hot Baths, with nitrous or ſalt *Smegmata*, ſuch as Nitre diſſolved in a Lixivium, or the acrid or aromatic *Sapo's* hereafter deſcribed. Uſe Friction with Bruſhes, Spunge, Camlet; the Waſh-balls may be diſſolved in warm Water, in which Lavender, Sage, Roſemary, Angelica, or Chamomile are boiled, and make a Perfuſion and Ablution of the whole Body, Oyl and Salt diſcuſs; but the purging Salts in Waſhballs are better.

By a Bath of Tepid Water, a Pound and half, perſpires in an Hour's Time, and Perſpiration continues long afterwards. *Keil.*

Warm Baths extenuate if uſed faſting; and if Salt be added, cures Watching, little Sleep, or very long, much Exerciſe, Evacuations, Acids, or auſtere Things; eat once in a Day, drink Wine in a Morning. This is from *Celſus*

A vehement and great Pulſe, is a Sign of great Strength in old Men, and will admit of Bleeding, tho' above 70.

Old Women ought to bleed after 50, in the Gout, Rheumatiſm, Epilepſy, and Melancholic

lancholic Vertiginous inflamed Lungs or Eyes, and Hæmorrhages; we bleed to prevent these and all great Diseases: Nothing prevents Appoplexies more, than frequent bleeding, and purging, and Water-drinking.

The fleshy old Men, with florid Faces, incline to the hot Constitutions; but the very Fat must be accounted to the cold Tempers, if they look pale.

CHAP.

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Chap. IV.

The Restorative Regimen for thin consumptive Bodies.

1. AVOID Abstinence, and all the extenuating Diet, Acrids, Aromatics, bitters, salt, acerb, slimy and watery Tastes. Stop all Evacuations, giving Suck, Venery, Sweats in the Night; use cold Bathing; avoid Insolation, hot Baths, much Friction, and all great Exercises; indulge Sleep, Quiet, the Passion of Love, Joy, Chearfulness. Cacochymical Bodies do not feed, before they are purged; we use moderate Exercise and Rest; the Air must be cool, and our Diet cool; use long Sleep and Serenity of Mind, sweet Meats, fat Flesh; eat 3 times in a Day, lie on a soft Bed, use moderate Diversion, be warm clad, Riding, Gestation, and Navigation are most proper, swimming in the Sea, Travel to change the Air: If there be any Evacuation of the Nutritious Juices, or the Effervescencies in Fevers, the Obstructions in the Lungs by sizy Blood, or in any of the glandulous Viscera, Liver, Spleen, Kidneys, Pancreas, Lacteal or Lymphatic Glands; they occasion or produce a Con-

a Conſumption: And theſe Cauſes muſt be removed by their proper Regimen.

We muſt uſe all Meats of an eaſy Digeſtion, and which afford plenty of ſweet Chyle.

1. A Milk Diet; Womans, Aſſes, Cow's Milk, diſtilled Milks for Drink, the Yolk of an Egg with Roſe-water 3 Spoonfuls, mix it with half a Pint of Cow's Milk, Sugar of Roſes and Nutmeg; take it for a Month, faſting; eat Crumbs of Bread ſteeped in Milk, and ſeaſoned with Sugar, Roſe-water, and Almond Milk; uſe a Decoction of Snails or Cray Fiſh in Barley-water, and mix them with Milk; boil 4 Sheeps Trotters dreſſed in a Quart of Milk, take half a Pint in the Morning and Afternoon.

2. The Fleſh of young Animals and their Broth, Chicken, Veal, Lamb, Pig, all mucilaginous Jellies, and Gravies of Meat, freſh Eggs, with Wine and Water, and Nutmeg and Sugar, the Feet of Pigs or Calves, Partridge, Capons, Mutton, Turkey; diſtill a Water from Swine's Blood; the ſweet Taſtes, Shell-fiſh nouriſh, Crabs, Lobſters, Cray-fiſh, Tortoiſe; boil Cock-ſtones in Milk; the Thighs of Frogs cool, boil Frogs in Capon Broth, make mucilaginous Broths of Fiſh, or Capons, with Cray-fiſh, Cocks and Snails, Frogs and Veal, or Swine's Fleſh; give

give nouriſhing Gliſters of Broths, Sack, and the Yolks of Eggs, or Milk.

3. The Diet of ſweet Fruits, as Figs, Dates, Raiſins; ſweet Wines, as Malaga, Canary, Ale, Ptyſans of Liquoriſh, Raiſins, Barley mix'd with Milk, diſtilled Water with Muſcadine, Milk, Raiſins, Currants, Liquoriſh, Dates, Figs, Cinnamon, Nutmeg.

4. The Mealy Diet, white Bread, Puddings of Rice, Greates, butter'd Wheat, Barley boyled in Chicken-Broth, or Barley-Broth and Chicken-Broths mixed.

5. The Oily Diet, Chocolate, Emulſions, fat Meats, Cream; eat much Butter, take Oyl oft.

6. We excite the Appetite by Acid and Acrids, and *Vitriolic* Waters, or the Nitrous Waters.

7. Bathe three times in a Day, and uſe Aſſes Milk, for thin Bodies, and anoint and rub, but leave off the Baths when the Body ſwells; give Milk after the firſt and ſecond Bath, and let ſix Hours be diſtant; after the third take Broths, or Water-Gruel; if the Pulſe be high, no Wine is proper till it is ſlow and rare; many Geſtations and Frictions, and Meat, may be repeated thrice a Day with Tepid Baths.

Uſe a Bath of warm Water, in which ſweet Almonds and Barley, of each a Pound and half, are boyled.

A Cold Immerſion helps the hectic Heat; we bathe after Meat, if the whole Body be emaciated; but if a Part be, we rub, foment, apply Pication and Unction.

A Bath may be made of Sheep's Head and Feet, or Sheep's Trotters only.

Uſe Tepid Baths twice a Day; gentle Friction nouriſh; Baths of Oyl and Water relax the Skin, which is dry, for which Oyl of Roſes, *Nymphea*, Almonds, Ung. Roſar, *Caſtile* Soap, Mucilage of Tragacanth, of each an ounce, with Oyl of Almonds, and Powder of Linſeed, make Balls, to be uſed with Decoction of Mallows and Linſeed.

This is *Baglivius*'s Obſervation on Old Age. *In his Medicina ſolidorum xx. mors naturalis venit ob ariditatem, & exiccationem ſolidorum, & falſedinem, atque vappiditatem liquidorum, ſolidis medetur Balneum tepide, liquidis vero in ſenſibilis perſpiratio, & cibus boni ſucci ſobrie ſumptus, atque quantum naturæ tenor in Senecture relaxatus expoſcit*, pag. 17.

Calefacit unctio, aq. ſalſa magiſque ſi calida eſt, omnia ſalſa amara, carnoſa; ſi poſt cibum Balneum, vinum auſterum; Refrigerat in Jejunio Balneum & ſomnus, niſi nimis longus, & omnia acida, aqua quam frigidiſſima, oleum ſi aquæ admiſceatur; humidum corpus efficit, labor, frequens Balneum, cibus plenior,

plenior, multa potio, post hæc ambulatio, siccant vigiliæ; modica exercitatio, fames, unctio, sine aqua. This is *Celsus*'s Direction, for the Use of Baths and Unction.

Navigation is commended to consumptive Persons, and going into a thicker Air, such as *Alexandria*, the *Tabiæ* are near *Vesuvius.*

Galen.) *Qui hectica febricitantes ad Balnea accedunt, nisi in frigidam demissi sunt nihil juvantur. Hujus rei causa est, ad imbecilla corpora, inventa sunt Balneæ, que ea precalefaciunt, atque ad frigidum solium preparant.*

In great Weakness use Perfusion with warm Water, then with tepid; 'tis cold Baths that agree with Hectics, unless the Lungs be inflamed, or a putrid Fever be joined with it.

Galen's Baths had four Rooms; the first was warm to undress in; the second had the warm Water; the third the cold; the fourth in which they dried the Sweat, for that continued after the cold one, and then they went to Bed.

In Fevers till the Declination, and in a *Putredo*, Inflammation, or Infirmity of any Part, they abstained from the Bath.

Warm Baths are proper for the Defluxions on the Belly, but injurious in Hæmorrhagies. *Galen.*

Chap. V.

Concerning the Cooling Diet and Regimen against the Bitter, Acrid, or Choleric Temper of Humours, which produce Nidorous Ructus, *Thirst, Want of Appetite,* Ephemera's, *Defluxions, Intermitting Fevers, Choleric Fluxes.*

THE Signs of Choleric Humours are Yellowish Complexions, Yellow Vomits or Stools, high coloured Urine, Thirst, Want of Appetite, nidorous *Ructus*, Watching, Anger, great Burnings, great quick frequent Pulses; the Agreement of the cool Regimen: This Humour is produced by an over Digestion in the Stomach, and by a Circulation which runs too quick.

1. We must avoid all the hot Diet of bitter, acrid, salt, aromatic and vinose Tastes; and the very Sweet, which is too apt to ferment, such as Honey, Sugar; and the putrid, as Cheese, potted Salt Meats, salt Fish, fryed Meats, Cares, Watching, Anger, Fasting, which excite a violent Circulation; all Excretions or Secretions suppressed, have the Nature of Ferments; Gravies and much Flesh Meats, breed rancid and salt Blood, because

cauſe of their natural armoniac Salt, and aptneſs to Putrifaction; Oyls and fat Meats turn rancid on ſuch Stomachs; Tobacco, Brandy, and ſtrong Drinks, raiſe the Digeſtion too much; Tea's, Coffee, heat and dry, and accelerate the Circulation, as Tobacco does; and violent Exerciſe, much Friction does the ſame: The hot Paſſions of Anger, Hatred, Revenge, much Cares or Study, quicken the Circulation too much, as an *Ephemera* does.

2. We muſt abate the Quantity of Choleric Humours by Vomiting, Purging Waters, Rhubarb, Dock-Ale, Whey-drinking with *Cremor Tartari*, Sena, Diet Drinks, *Scotch* Pills.

3. We muſt help the Secretion of Choler by the Liver, by the gentle Bitters, Dandelyon, Fumitory, Sorrel, Borage, Liverwort boyled in Broths, or diſtilled in Milk, or the Juices of Dandelyon, Fumitory, Brookelime, Watercreſſes, Wood-Sorrel in Whey, or Liverwort in Gill Drink, with Orange Peels.

4. We muſt uſe a proper Diet for Choleric Humours, Small Beer, Wine and Water, Cyder and Water, skim'd Milk and Barley Water mix'd, Toaſt and Water for ordinary Drink, Whey, Butter-milk in a Morning.

The

The Mealy Diet is of Puddings, Flummery, Panadoes, Water-Gruel, Barley-Broth, Rice.

Boyled Meats, or raw toasted, the crude *Olera*, Lettice, Spinage, Purslane, Sallads, Melons, Cucumbers, Pompions.

The leguminous Diet of Peas, Beans, Lupins.

5. We must dilute the acrid and bitter Humours, by Chalybeate Waters, mild sulphureous, as *Buxton* or *Bristol* Waters, Asses Milk, drinking *Sarsa* and *China* Decoctions, drinking Whey, a Pint in a Morning for six Weeks: Emulsions of the cold Seeds.

6. All Slimes temper the Heat and Acrimony of Humours, and their Evacuations; Broth, with Borrage, Sago, distilled Waters from Lettice, Purslane, Snails, and Frogs, or boyl Frogs in Broths, or Snails; the *Dutch* swallow small Frogs alive for their Hectics; take the Decoction of *Althea* Roots with Milk, Gum-tragacanth in Lozenges, the Juice of Borrage, with Wood-Sorrel, Dandelyon, Fumitory Juices, clarified, and taken in Small-Beer, with Bread and Butter in a Morning; Liquorish Infusion cold with Milk, Decoct. of Barley-water, 2 Pints, Gum Tragac 2 Drams, Syr. of Marshmallows, 3 ounces.

7. The *Tartareous* Diet of acid and acerb Fruits, Plumbs, Cherries, Barberries, Apples,

Apples, Strawberries, Currants, Rasberries, &c. Sorrel Juice, in Sauces, Juice of Oranges, Lemmons, or Citrons squeezed into fair Water, and drank in a Morning fasting, Lemonades with Wine, Decoction of Tamarinds, or chew them as preserved, Rob, or Jellevs of Fruits preserved and dissolved in Water, or their Syrups, Vinegar in Sauces, *Cremor Tartari* eat with Meat instead of Salt, acrid Spirits of Sulphur, Spir-nitri or *Vitrioli Dulcis* in Broths, cold roasted Apples in Water, Oxymels Morning and Night in Water, or the old *Posca*, Vinegar and Water, Verjuice and Water, or Syrup of Verjuice with it: Eat Flummery, drink *Gas Sulphuris* in Water after Meals; Water-Gruel with White-wine, Juice of Lemon and Sugar for Breakfast.

8. Styptics, acerbs or austere, depress the Fermentation and Heat of Humours, as Houseleek or Plantain in Posset Drinks, or Cinquefoyle Tormentil, Bistort, Burnet boyled in Chicken-broth, or Posset-Drink, or in the *Decoctum Album*, or Sorrel-Roots 3 Ounces; in Barley-water boyled 4 Pints; add to every Glass *Spiritus Nitri Dulcis* 20 drops, Syrup of Quinces 1 Ounce.

9. The salso-Acids cool and are diuretic, as *Sal Prunel* half a dram, in Broth. Salt-Petre may be used instead of common Salt, or half a Scruple in Wine.

10. Opiates

10. Opiates ſtop the Circulation. Boyl 3 Poppy Heads in Water or Poſſet-Drink, and ſweeten it, or make an Infuſion, like Tea, of 2 Drams of red Poppy Flowers, or the white.

11. Avoid all violent Motions of Body or Mind, by Cares and Paſſions, hot Air, hot Baths, Stoppage of Pores, or other Evacuations. Tepid Baths perſpire all hot Fumes, but repeated cold Baths moſt effectually extinguiſh the Heat and Ebullition of Humours.

We may vomit with warm Water and *Carduus* oft, and purge once in a Month; uſe little Exerciſe, and that gentle, ſuch as Riding Geſtation; no Friction is convenient, unleſs very gentle to feed, and with Oyl of Violets or Lillies, Oyl of Almonds, Neats-foot Oyl, and Nitre. Take Caſtile-Soap 6 Ounces, or *Sal-Prunel* 1 Ounce, *Unguent. Roſar.* or *Palmarum* waſhed in Vinegar 3 Ounces, Oyl of Almonds 3 Ounces, Oatmeal or Linſeed Powdered q. ſ. make Waſhballs for the whole Body, and waſh it with Milk and Water warmed, or Decoction of Violet Leaves and Mallows, or Fumitory. Salt-Petre may be added, which cools moſt in warm Water, or *Sal Mirabile* in the ſame.

Chap. VI.

The Diluting Diet and Regimen againſt Inflammations, and all Rheumatic Hot Pains, which are produced by ſizey Humours.

IN this *Cacochymia* the Blood is ſizey, the Urine thick and high coloured, the Fleſh hot, the Pulſe high, quick, frequent and hard; Pleuriſies, Peripneumonia's, Angina, Ophthalmies, Rheumatiſm, Hemicrania, Long Coughs, Pains, Palſies, Apoplexies, Lethargies, Conſumptions, have ſizey Humours, and thick Spits, and white Tongue, as in all Inflammations.

1. We muſt abſtain from all the hot Regimen, fermented and hot Diet, violent Exerciſe, much Sweating, viſcid Meats, and Fleſh Meats, hot Baths, ſtrong Drinks, ſtrong Acrids. Cooling too often after Exerciſe, and violent Paſſions, increaſe the viſcid or ſizineſs of Humours.

2. The feveriſh Ebullition of Humours is ſtopt by a thin cool Diet of Whey, Wa-

ter-drinking; by the acerb tartareous Plants, Plaintain in Broths, Tinct. of Roſes, Conſerve of Cynosbati, Tamarinds, Spirit of *Vitriol* in *Pectoral* Drinks, *Opiates*.

3. The viſcid Humours muſt be diluted, by a ſeroſe Diet, Aſſes Milk, Whey, diſtilled Milk, Mineral Waters at laſt, Milk Pottage, Water-Gruel, Emulſions; drink Whey 14 Days; then Chicken Broths, Decoctionof China and Bugloſſe, at the Declination of the Pains.

4. The firſt thing required to abate the Pains, is Bleeding, and cleanſing the Stomach by gentle Vomits from ſizey Humours, and keeping the Body open by cool Gliſters; all Purgers increaſe the Fever and Pains, 'till all the ſizey Humour is digeſted and putrified, which it will not be under 21 Days, and ſo long we muſt abſtain from fermented Liquors, and Fleſh Meats, and after, repeated Bleedings for three Weeks, and a cool Regimen, we may uſe Sudorifics and Diuretics; hot, or cold Baths. I have uſed a Poſſet Drink of Gill, Dandelion, Fumitory, Brook-lime, Wood-ſorrel, to cleanſe the Blood of its viſcid Fæces, when the Urine plentifully precipitates the viſcid Humours; a Poſſet-drink of Horſe-dung, and Spirit of *Sal Armoniac*, and Wood-drinks, help the Perſpiration. Gentle-Bitters, Acrids,

crids, Aromatics in our Diet, and Steel by quickening the Circulation, help the Secretion of Sizineſs, after it is putrify'd, but no Medicine can diſſolve it, not Quick-ſilver itſelf: Steel Waters at laſt cool and dilute, and Aſſes or Cow's Milk, thin the hot Humours, and nouriſh.

Mercurius Dulcis is a Styptic Cooler, and by mixing with the ſizey *Limpha's*, it makes them apt to be ſecreted with it, if it be given with Roſin of Jalap, or at Night before another Purge, 10 Grains with Conſerve of Hips, 1 Dram; *Pulvis è Chelis Compoſit.* 1 Scruple; *Diacod.* q. ſ. and in the Morning give half an ounce of Glauber's Salt diſſolved in Milk-water 4 Ounces, Syrup of Violets or Cloves 6 Drams. This kind of attenuating Diet, will help the Obſtructions in the circulating Veſſels; Exerciſe, Friction, with hot Oils, and warm Water, but cold Baths more certainly ſtrengthen the Limbs, and repel the Tumours.

All hot burning Pains, are from ſizey Humours, with a Pulſation; the Itching from Saltneſs; the pungent burning from corroſive Humours, and all theſe to be cured by the cold Regimen: But the heavy Pains, the tenſive, wandring, require the attenuating Diet, againſt ſerous, pituitous, windy Humours: The nervine Pains, ſuch as are in Hyſterics and Hypochondriacs are cured

by hot or cold Baths, according to the Constitution of Humours.

5. We allay all Pains by Narcotics, inwardly and outwardly; 3, 4, or 5 Poppy Heads in Decoction is equal to a Grain of *Laudanum*, or we may make Emulsions with the Seeds, or use the *Diacodium* to 1 Ounce, or an Ounce and half, in Cowslip Water; Syrup of Lettice, or Hounds Tongue, are Anodynes, and stop Defluxions; *Sydenham*'s *Laudanum* is best, because we mix with it Acids, as 5 Drops of Spirit of *Sulphur per Campanum* in hot Distempers, or Spirit of *Sal Armoniac* 20 drops, to 20 drops of the *Laudanum* in cold *Cacochymia*'s, or where sweating is necessary, in Pains or Convulsions.

No Baths, Exercise, or Unction are necessary in the Beginning of Pains, or Inflammations, till the Humours are evacuated and corrected: Take *Opium* 2 Ounces, Cinnamon, Cloves, of each 2 Drams, Saffron 1 Ounce, infuse all in a Pint of Sack, strain it, the Dose 20 or 30 Drops for easing Pains or stopping all Fluxes, and procuring Sleep: If the first Dose has no Effect, use half as much after three Hours. No charitable Body ought to want this great Remedy.

This Stitch Water is much commended in all Pains; mix Horse Dung thick with a Gallon of Ale; then add Anniseeds, Mustard-

seeds,

ſeeds, and Ginger of each 4 Ounces, common Treacle a Pound, and diſtill them.

Take *Caſtle* Soap and Hogs Greaſe, of each half a Pound, Muſtard-ſeeds in fine Powder, 4 Ounces, Niter 2 Ounces, or Oil of *Tartar* 2 Ounces, Oil of Amber and Spike, of each 2 Drams, *Balſ. Gilead* and *Peruv.* of each 2 Drams; make Waſh-Balls, uſe them with a Decoction of Nettles, or Cabbage, or Horſe Radiſh: This is proper in weak paralitic Caſes after Rheumatiſms.

Cold Baths and drinking Water do beſt prevent all Inflammations and Rheumatiſms, and Pains; and the following Waſh-balls. Take Caſtle-Soap, Sheeps Suet of each one Pound, *Sacch. Saturni* diſſolved in Oyl of Roſes 1 Ounce, *Camphire* 1 dram, Yellow Saunders in Powder, 2 Ounces; make all into Balls to be uſed with a Decoction of Chickweed, or Elder, with *Salt Petre.*

For any outward Inflammation after ſufficient Evacuations, apply this *Lotion.* Take of *Sacch. Saturni* half an Ounce, Elder Flower-Water 1 Pound, Camphire half a dram, mix according to Art.

If we uſe Oyl of Roſes, Violets or Nymphea, we muſt mix Vinegar with them, and uſe them warm with a *Stillicidium* of warm Water.

A *Stillicidium* on the Head of the Phrenetic for the Space of an Hour, is much commended, and used twice in a Day; so tepid Baths discuss the Relics of hot Inflammations, and Pains, after Bleeding, Cupping.

The sizey Skin is the Chyle coagulated, or the *Serum* inspissated by Heat; and this obstructs the Blood Vessels; when 'tis putrified, it passes the Glands by Urine, Stools, Sweats.

For *Pustules* that are hot and burning. Take *Castle* Soap 2 Ounces; Ung. Album, 1 ounce, Camphir, a Scruple; *Sacchar. Saturni* 2 Drams; Flowers of *Sulphur*, 2 Drams; with Whites of Eggs, as much as shall be sufficient make all into Wash-Balls, to which add Flowers of Benjamin, half a Dram; Ol. Ligni Rhodii 10 Drops; misce.

Chap. VII.

The Antiſcorbutic Diet and Regimen for Salt or Corroſive Lympha's or Serum.

THE Signs of it are Thirſt, ſalt Spittle, lixivial Urine, a lean Habit of Body, ſcorbutic Spots in the Skin, with Laſſitude, Scales on the Joints, Ulcers in the Mouth, thick florid Blood.

1. We muſt avoid ſalt Diet, Sea Air, brackiſh Drinks of Sea-Water, and all the hot Regimen, which produces Choler, and acrid Humours, for Saltneſs is made of them; and the Saltneſs muſt be evacuated by purging Water, *Epſom* Salt.

2. The proper Diet is ſmall Liquors, Milk, Mealy and the leguminous Diet, the Olera, mucilaginous, acid, acerb, watery; young ſlimy Animals, Pig, Veal, Chickens, Lamb.

3. The Saltneſs and Rancidity of the Blood is beſt corrected.

1. By

1. By acid or acerb Juices, Lemons, Oranges in Water, or mix them with acrid Juices, as Water-creſſes, Scurvey-Graſs, and give them in all our Drinks; boyl Barberries in clarify'd Whey, Juice of Brook-lime, Water-creſſes, Oranges of each 2 Ounces; make a Poſſet Drink with Milk; take white Wine 4 Pounds, 8 Lemons ſliced, boyl them half an Hour, let them ſtand together, give 4 Ounces three times in a Day; continue this three Weeks; drink Verjuice and Water in a Morning, or acid Syrup 3 Spoonfuls in Water.

2. The Acerbs ſtop the Ebullition and Fluxes, ſpotted Arſmart, Plaintain, Sorrel, Houſeleek; any of theſe may be boyled in Poſſet-Drink or Whey, Cyder and Water for Drink, or Bonel; waſh the Mouth with Vinegar; eat Melons, and all Fruits.

3. By the mucilaginous Juices, Juice of Fitches, Fumitory in Wine; 12 Handfuls of Fumitory in 4 Gallons of Ale; diſtill Water from green Corn, or its Juice in Tanſies, Broom Beer, Lettice, Spinnage, Purſlane, Cichory.

4. By watery Liquors we dilute the Saltneſs, Steel Waters, Toaſt and Water, Tea's, Whey with antiſcorbutic Juices, Decoction

of

of Harts-horn, or Ivory, or China for Drinks, Mead, Milk-meats, Water-gruels.

5. Auſteres, ſtop the high Ebullition, and quick Circulation; Tamarisk and Aſh-bark, with Polypody Roots and Harts-tongue, Liverwort, Gill; or put a Pound of Pine-tops to infuſe in 6 Gallons of Ale, or boil the Wood and Leaves in ſix Gallons of it.

6. Uſe Friction, with Baths of warm Water to diſcuſs hot Humours; uſe Cupping for the Faults in the Skin; uſe theſe Waſh-balls, Take Caſtle Soap, Axungia, of each four ounces, Salt Petre an ounce; Oil of bitter Almonds, Oil of *Tartar per Deliquium*, of each 2 ounces; make Balls with Bean-meal, or Powder of Muſtard-ſeeds, adding Ol. Lign. Rhod. four Drops.

In the hot Scurvey, with Soap, Suet, Tartar, Nitre, Salt, mix them with Vinegar and Water, whites of Eggs, Camphire, diſſolved in Hungary Water, a Dram, Tincture of Benjamin half an ounce, Oil of Juniper Berries half a Dram.

This is for Tetters and red Faces; Take Caſtle Soap a Pound, Allum 2 ounces, Sacch. Saturni one ounce, Camphire 2 drams, mix with the white of an Egg and Flower, and Oil

of bitter Almonds; dip it in Vinegar, as you uſe it, Part one, and water three Parts.

7. By the acrid Antiſcorbutics, we diſſolve the thick Blood, ſuch is Scurvy-graſs, 2 Parts, Juice of Lemons one Part, in all our Drinks; a pound of antiſcorbutic Juice to every Gallon of Beer, Spirit of *Sal Armoniac* or Scurvy-graſs in Milk.

The Diet or Regimen againſt the Stone, which is a Mixture of ſalſo-acid, and viſcid, and earthy Parts.

The Signs are Sand in the Urine, Pain in the Back, Sickneſs in the Stomach, Stop of Urine, or pale Urine, Cholical Pains, great Slime Sticks to the Pot.

1. We muſt avoid fenny or petrifying waters, and all the rough and hard, and turbid Drinks, and ſharp Wine, ſlimy Meats, and all the mucilaginous and acid Taſtes, and Salt, which combine to make a Stone; avoid all the hot Diet, and the ſalt, vinoſe Aromatics, and putrid Meats and Drinks.

2. The Diet muſt be directed againſt Viſcidity, Heat, and Saltneſs, and we muſt uſe the diluting Diet, Waters of Sulphur, or Steel, Niter, Aſſes Milk, Whey.

3. We

3. We must purge Choler, and Salt, and viscid Humours, by the bitter, nitrous Waters, Alœtic Pills, and vomit up the Viscidities Spring and Fall.

4. We must drive off the Sand by Diluters, and watery Liquors, which correct the salt and viscid Humours, and deterge without Heating; drink Water every Morning with Nutmeg, or Tea sweetned with Honey, clarify'd by boiling; Wine and Water, Cyder and Ale, a Pint of hot Tea's in a Morning, fasting till Dinner, plain Flesh Diet is best: Small Ale of four or six strike of Malt dried with Straw to a Hogshead, for common Drink; that with Coakes inflame much.

5. Diuretics; eat Pistachio's, Tupentine every Morning, a dram dissolved with the Yolk of an Egg in Wine; Pine Leaves or Juniper Berries in Ale, Daucus Seeds in Mead, distilled Milks with Radish, Mallows, Bean-cods, Parsley, Arsmart, Arsmart in Tea.

The acrid, and corrosives are the greatest Diuretics; Butter'd Onions, Leek Pottage, Asparagras, Hop-tops, Nettle-pottage, Garlick, or Onion, or Mustard-seed in Wine; take white Wine and Ale of each half a

Pound; the Juice of a Lemon, 2 Yolks of Eggs, ſweeten it with Honey as a Caudle.

Saxifrage, Aſh-keys, Peach Kernels, Daucus Seeds of each 2 ounces, boil in 4 Gallons of Ale, with Lemons and white Wine, make a Poſſet-drink; ſweeten it with Syrup of Althea.

6. In the Fits of the Stone, eat Selery in Soups; the paſſages muſt be made ſlippery by Oil, Butter, Caſtile-ſoap-pills, Sperma-ceti, half churned Milk; 3 Spoonfuls of Oil with white Wine and Juice of Lemon and Sugar, or Althea-poſſet-drink; with three Spoonfuls of Oil, pills of Caſtle-ſoap and Spar, and Oil of Turpentine.

Take white Wine, the Juice of two Lemons, with equal quantity of Milk; make a Poſſet-drink to the Liquor ſtrained; add Sperma-ceti half an ounce for 4 Doſes, Morning and Night, or mix *Lucatellus*'s *Balſam*, or *Sperma-ceti*.

Take white Wine a Pint, Caſtle-ſoap half an ounce ſcraped; ſet it on the Fire; add two Yolks of Eggs and Sugar, and Nutmeg; ſtir it well for 4 doſes; lay a Poulteſs of Soap and Toaſt to the pained Place, or Onions fry'd with Butter; make a Tea of Arſmart, or boil it in Ale, if the water ſtops; or ſteep 4 ounces in *Aqua vitæ* a quart; add Althea Roots 2 ounces, Liquoriſh,

riſh, Sena, Figgs, of each an ounce, Nutmeg 2 drams.

Bleeding in the Foot, and Semicupium, and Turpentine Clyſters help much in the Fits, and Opiates.

7. For Preſervation, drink Water, Juice of Lemons and Sugar in a Morning; uſe Water-drinking, Milk, Sobriety, and gentle Exerciſe, and frequent Purges; eat of Melons and Pompions, and other Fruit; abſtain from ſharp Wines, Venery, Idleneſs, ſoft Beds: Navigation is eſteemed the beſt Exerciſe by *Aritæus*, for the Stone, and he commends Unction.

Take Caſtile-ſoap, Sperma-ceti, of each 2 ounces, Oil of Scorpions, *Gilead Balſam* of each an ounce, Oil of bitter Almonds, and Oil of *Tartar per Deliquium* of each an ounce, with Bean Flower q. ſ. make Balls; which uſe with a Decoction of Mallows, Pelitory, Chamomile, as a Lotion; a Bath of Oil is very good, or of Sheep's Head and Feet.

Chap. VIII.

The Diet and Regimen against the Gout, its chalky Concretions, and Pains, and weak Joints.

1. THE Effervescence in the Fit, must be allay'd for 14 Days by a thin Diet, proper for Fevers, Water-gruels, Sack Posset-drink, Chicken Broths, Sarsa-drinks; vomit in the Beginning of the Fit, but not after it is got into the Limbs; and we may bleed upon extraordinary Symptoms, and give Glysters; and the salt and viscid Humours must be helped thro' the Glands of the Joints, and their *Lymphatics* by gentle Sudorifics; Spirit of Harts-horn 25 Drops for four or five Nights, to promote Sweating and Urine, by which way the podagric Matter is best discharged; the Fever is but symptomatical from the Pain and Tumour; no very cold Things can agree, where the Matter is to be digested before its Expulsion, nor no very hot Method is suitable to the Fever; but we must avoid Flesh Meat, and fermented Liquors at the beginning of the Fit; but as the Pain and Effervescence ceases, we may purge and sweat off the

the Relicks. At the latter end of the Fit, uſe Salt and Oil, a Soap Plaiſter with Camphir, or Allum, the Yolk of an Egg, and Barm. Cold Baths in the Sea ſtrengthen much, and Oak-bark and Salt boiled, or Salt and Urine, or Niter, Allum, Salt and Vinegar, mixed with Oil of Elder.

2. For preventing the Gout Fits, we muſt uſe the Regimen againſt Salt and viſcid Humours, which are apt to petrify: And *Ægineta* adviſes to abſtain from Wine all their Lives; or to drink Water with it; Bath Waters in the Winter dilute, and ſo does Aſſes Milk, Decoctions of Sarſa: And the third Part of Meats and Drinks ought to be abated. Theſe are moſt uſeful Directions; eat and drink little; promote Urine and Sweats; Vomit, Bleed, and Purge before the *Æquinoctials*, and Winter Solſtice; avoid all violent Exerciſe, and the hot Paſſions, Suppreſſion of the *Menſes*, or Hæmorrhoids, or Sweats, or Urine; uſe no acrid, ſalt, or aromatic Diet, or of Bitters, or very acrid, as Garlick, Onions, Pepper, and windy Meats, and the viſcid; Surfeits and a ſedentary Life, much Venery; for Eunuchs have not the Gout, nor are ever bald. In the Summer, bathe the Feet in Sea-water, or Salt and Water heated in the Winter; chew Rhubarb a Scruple at Night before the Changes

Changes of the Moon, and drink Toaſt and Water.

Sweating prevents the Gout in a ſerous Conſtitution; but where there is much Heat and Viſcidity, that is not convenient; to Sweat in a Bathing Room a few Days may prevent a Fit.

Trallianus commends a Bath of warm Water for the Gouty at Night, rather than in the Morning; but the Bath muſt be temperate; before the bathing pour cold Water on the Feet; anoint the Body all over with a *Hydroleum*, after the Body has ſweat a little by the Air of the Room, and then go into the Bath to ſweat, then go into the cold Water; but firſt let it run on the Feet, and in the Summer ſwim in the cold Bath, and let cold Water a third time be thrown on the Feet.

To bathe the Feet in Vinegar, in which Penny-royal, Sage, Calamint, and Lavender are boiled, allays the Pain and Swelling; but the Gout differs according to the Conſtitution, and ſo requires contrary Topicks; Slimes, Meal, Acids, are proper for the bilioſe Gout, and a Cabbage Leaf or Green Hat-caſe may be applied; but in the pituitous, Aromatics, or Dungs of Animals, Cow-dung boiled in *Poſca* with Barley Meal, an Irrigation of hot Sea-water, or a Perfuſion may be made with Spunges, in the hotteſt Gouts;

Gouts; a Spunge may be applied with hot *Posca*; for Pain of the hot Gout, Linseed boiled in Milk for a Cataplasm: In the cold Gout, anoint the part with Spirit of *Sal Armoniac* with a Feather, and give the same inwardly many Nights; or black Soap, Wood-soot, the Yolk of an Egg. Against the Gout, these Wash-balls may be useful; Take Castle-soap, Axungia Porcina, of each a half Pound, *Sal Armoniac*, Niter, Salt, Bean-meal; make Balls, use them with a Decoction of Plantain and Elder.

For the Tophi; Take Castle-soap, Axungia, Porcina, of each half a Pound; Niter, Oil of Turpentine, and Oil of *Tartar per Deliquium*, of each 2 ounces, Cinnaber of Antimony half an ounce; mix, make Balls, use them with a *Lixivium*. This is *Alpinus*'s Method for curing a Fit of the Gout; give Glysters or gentle Purges, then put the Person into a sweating Chair, which must be heated by a Decoction sprinkled on hot Stones; after an Hour, remove him to his Bed, and sweat there 3 Hours; let old Men sweat once in a Day, others twice. This sweating must be repeated 7 or 8 times, and this prevents the Disease. The Decoction, is 3 ounces of the Roots of a Reed, dry Orris-roots half an ounce, Calamint 2 handfuls; boil in 6 Pints of Water; give half a Pint at first going into the *Laconicum*, and sprin-

kle it on the hot Stones. The Aſhes of Roſemary or Lavender ſprinkled in the Socks, diſcuſſes the Relicts of the Gout. *Vid. Tachenius.*

Infuſe Gentian, Orange-peels, and Rhubarb each an ounce, in Canary a Quart, or *Aquavitæ*; give 2 ounces at Night upon Changes of the Moon, or Seaſons of the Year.

If Gouty People do not bleed (not in the Fits, for that hinders the *Criſis*) in the *Spring* and *Fall*, they become Lame, Apoplectic, or Conſumptive; if lean, their Bloods being ſizey, as in Rheumatiſms; but when their Digeſtion fails, and the gouty Matter affects the Stomach, and reaches not the Limbs for want of a due Circulation, we muſt help that by Steel and Bitters out of the Fits, Friction and warm Baths; nothing can contract the relaxed Fleſh and Membranes after the Fits, like cold Bathing, which repel alſo the Relicts or Tumours. Gouty Perſons deſtroy their Digeſtions by eating too little out of their Fits.

Chap. IX.

The Digestive Regimen, against crude, slimy, tartareous and serose Humours, and Obstructions, commonly called the attenuating Diet.

BY the digestive Diet, the Chyle and Blood are rarified, and their weak or obstructed Motions excited and restored; and this is the hot *Regimen.*

We know the slimy or pituitous *Cacochymia* by the pale Urine, and its white Sediment, by the slow small Pulse, the Stomach is windy, the Blood serose, the Habit of the Body pale and cool; there is no Appetite, or Thirst, but much Phlegm is evacuated by Vomits, Stools, Spitting, and œdematous Tumours, appear.

1. We must evacuate the slimy Humours by vomiting after Meats, by aloetic Purgers, by Sudorifics, and Diuretics.

2. Use no more of the Mealy Diet, than Bread well fermented and baked; drink more pure Wine; use Meat dry roasted, broiled or baked, and high peppered, and

ſalted or ſmoaked ; a dry Diet of ſmall Birds ; uſe all Acrids with our Meats and Drinks, Horſe Radiſh, Scurvey-graſs, Garlick in Sauces, and diet Drinks, 12 Cloves of Garlick in a Pint of VVine; Muſtard-ſeed unbruiſed, half a Pound, to three Pints of VVine, buttered Onions, Leek Pottage ; all ſorts of Aromatics are uſeful, peppered Meats, ſcraped Ginger in Sherry, or the preſerved; Hyppocraſs VVines of Cinnamon, half an ounce, Ginger, Cloves, Cardamoms, Mint, of each three Drams, four Pints of Wine with Sugar half a Pound, and take it with three Drops of Spirit of Salt; digeſtive Powders of the Carminatives, with VVine and V.Vater after Meals; chew Cardamoms, or Cubebs candy'd; give Tincture of Pepper with *Sal Volatile Oleoſum*, in Drinks, Juniper-Ale, Sage, Betony, Roſemary, in Teas, with Spirit of Lavender, drops 20 in 2 Diſhes; eat Sceleri, cordial Lozenges, Tincture of Saffron in Tea.

VVe may uſe Bitters in VVine or Beer as VVormwood, and take *Elixir Proprietatis* in it, or Spirit of Scurvey-graſs with it, or VVine of *Gentian*, *Zedoary*, and Orange-peel of each an ounce, in two Pints of VVine, and make a Tincture with Brandy, and mix 3 Drops to 6 of *Elixir Vitrioli* with every Doſe ; drink Mum at Night ; make a Diet Drink of Broom Aſhes, Wormwood, and Steel-

Steel-filings, an ounce to each Gallon, Tea of Gentian, Buckbean, or Centaury, Tea of Dwarf Elder, Woodſage, Marrubium; boil Centuary or Carduus in Ale, or four Pounds of Hops in every Hogſhead; take Gentian, Zedoary, Rhubarb, and Hiera-picra of each an ounce in 2 Pints of Wine; eat bitter Almonds; drink a Glaſs of Sack every Morning.

Turpentine a Dram with Sugar, and diſſolved in Wine by the Yolk of an Egg as a Diuretic; Spirit of *Sal Armoniac*, half a dram in Wine, as a Sudorific, many Nights.

All ſalt Taſtes are uſeful, Sack and Oyſters, Anchovies, Herring, ſalt Fiſh, Gravies, and all ſorts of Pickles, Lixivia, or Lime-water, in which *Guaiacum* and *Saſſaphras* are infuſed; Drinks brewed with Salt or nitrous Waters at *Epſom*; drink clear Urine, or Cow-piſs, to purge.

The Diet of Fœtids, old Cheeſe, potted Meats, dried Fiſh; drink of Sulphur-waters, as the *Bath*, which beſt agree with cold *Cacochymia*'s, and Viper Wines, or its Powder.

We muſt avoid all ſlimy Diet of Fiſh, Milk Meats, Malt Liquors, Mealy Diet, Pye-cruſts, Legumens, young Animals, and their Extremities.

The Mooriſh Diet of Ducks, Woodcocks, &c. the glandulous Viſcera, Veal, Goats-fleſh,

fleſh, fat Meats, variety or too great Quantity of Meats; Butter and Oil are hard of Digeſtion.

Faſting, ſpends the Phlegm much, as well as great Exerciſe digeſts or evacuates it.

Walking, Running, ſtrong Exerciſe, Digging, Sawing, Ringing, *&c.* and much Friction, is neceſſary to help the Circulation. Rub with two Bruſhes your Legs and Thighs every Morning; and the Arms and Body, as oft as you are ſhifted, muſt be rubbed by a Servant, and the Head may be rubbed alſo.

Hot Oils and hot Baths help the Digeſtion, and Circulation, and Secretions of ſlimy Humours, if uſed faſting, before Dinner, with Friction; ſuch Oils are warm, as Wormwood, Orris, Oil of Muſtard-ſeed expreſſed, or uſe acrid, or bitter, or aromatic, or ſalt Waſh-Balls, and *Lotions* of the whole, by Decoction of Herbs of the ſame Taſtes, Angelica, Lavender, Wormwood, Mint, Sage, Bays, or Roſemary.

Take Caſtile-ſoap, Sheep-ſuet of each a Pound, Orris-roots powdered 2 ounces, Niter an ounce, Oil of Tartar 2 ounces, Oil of Cloves a Dram, mix'd with 4 ounces of Oil of Olive, adding Wheat-flower q. ſ. make Balls by pounding and rolling them up;

up; with one of these make a Lather in some of the Decoctions; use it to the whole Body once in a Week; or a *Lotion* of the whole Body, may be made with Tansey, Chamomile, Agrimony, Carduus boyled in Water, with these are bitter Wash-balls; Castle-soap, Wormwood or Horehound, boyled in Sheep's Suet, of each a pound; Oil of Wallnuts, or bitter Almonds four ounces; Oil of Orange Peels a dram, *Sal Amarum Catharticum* an ounce, of Lupin or Bean-Meal q. s.

These are acrid Wash-balls. Castle-soap, Sheep's Suet, of each a Pound, Mustard-seed 4 ounces, Oil of Pepper or Tincture a dram, *Sal Armoniac* an ounce, Oil of Tartar 2 ounces: Make Balls, use them with a Decoction of Turneps, or Scurvey-grass.

Obstructions are by viscid hot Humours, as well as the slimy; Vomits, Bleeding, Purging, accelerate the Motion, as well as hot Baths; Exercise, Friction, Sternutatories, acrid *Lotions* and Wash-balls; drops 30 of Spirit of *Sal Armoniac* to 60, will effectually produce Sweats, if taken in Water at Bed-time; a Dissolution of hot Gums to an ounce in a Pint of Juleps most effectually do obstruct; and we may depend on Steel and bitter Wines.

CHAP.

Chap. X.

The Caphalic Regimen, and the Diet againſt Windy and Vitriolic Humours, in Hypochondriacs and Hyſterics.

THIS muſt be diſtinguiſhed into the choleric, and the acid, or four Conſtitutions; ſometimes the Choler prevails in the Maniac and Phrenetic, other times the Acidities abound in cold Melancholics.

The Signs of theſe *Cacochymia*'s are four Belches, the Stomach or Belly pained; black Humours are evacuated by Vomits, Stools, Urine, black Spits, all which are Blood which ſtagnates in the Belly, and there putrifies: They eat too much, and are without Thirſt; the Urine is commonly pale and copious, the Blood is black from Acidities, mix'd, or its ſlow Motion, the Face of a lead Colour, the Habit lean, the Pulſe rare, ſlow, intermitting, much ſpitting, unreaſonable Fears, Sadneſs, Fainting, Pains in the Spleen, Palpitation of the Heart in old Diſeaſes, Hæmorrhoids, Varices, Quartans, Vertigo, Head-aches, Reſtleſsneſs, Peeviſhneſs, Fear, Noiſe in the Ears, For-

Formication in the Limbs, ridiculous Dreams and Fancies, near Madneſs.

Melancholly is produced by a Fervor of Humours, and is a Mixture of bitter acrid Choler, and acid Vitriolic Humours, (the Blood naturally taſtes ſweet, ſalt, vitriolic) the Blood is ſtopt in its Circulation through the *Porta*, where it becomes the Matter of black Excretions, or in ſome Glands. We know the hot Melancholics by their fœtid *Ructus* and *Crepitus*, burning Heats, Thirſt, and then the Humours are ſalt, viſcid, vitriolic and putrid, and breed the *Lepra*, and Cancers, or Gangreens.

1. We muſt avoid very hot Diet and fermenting Liquors, all black Fleſh of Hares, Veniſon, water Fowls, Sea-Fiſh, Fen-waters, Faſting, ſmoaked and ſalt Meats, ſalt acid Liquors; Milk Meats Curdle, ſlimy Meats obſtruct, windy Meats ferment; Study, Anger; Cares diſſipate the Spirits; the binding of the Body is Injurious, and the ſtop of other Evacuations; a ſedentary Life; ſweet Things, as Honey, Sugar, ferment; Cheeſe is too viſcid and hot.

2. The moſt proper Diet is of Fleſh Meats, Wine and Water; the Bread with Bran binds leaſt, the Leaven diſagrees.

In the hot Hypochondriacs, a cool Diet agrees beſt, and the moiſtening; Milk Broths, boyled Meats, watery Drink; the Choleric and Hypochondriac Acidities muſt oft be evacuated by Vomits, and gentle cool Purges, as Purging-waters: *Galen* cured ſuch Hypochondriacs by warm Baths, and a moiſtening Diet, without any other Medicine.

1. We dilute the viſcid ſalt Humours by Whey, Water-drinking, cool Glyſters, Baths of warm Water, Aſſes Milk, Spaw-waters, *Briſtol* Waters, diſtilled Milk, *China* Decoctions, *Bochet* of Coriander, Anniſeed, Cinnamon.

2. The Acidity of Humours may be precipitated by Lime-water, Oyſter-ſhells, or Crabs-eyes, Chalk, ſome *Lixivia*, in the cold Hypochondriacs.

3. The Grumoſity of Humours muſt be diſſolved by antiſcorbutic Acrids; boyl Milk a Quart, Juice of Oranges and Scurvygraſs of each 4 ounces, take half a pint in a Morning.

By the Terebinthinates, which are bitteriſh Acrids and Styptics.

By Broom Bitters; a Pound of Broom in Ale 4 Gallons.

By

By ſtrong Bitters; Wormwood and Juniper-berries in Ale, or 4 handfuls of each boyled in Whey 2 Quarts; Dock Ale, with Scurvy-graſs, and Oranges, Dandelyon and Dock-roots of each half a Pound, Monks Rhubarb 4 ounces, Water-creſſes, Gill, Pine-tops, of each 2 handfuls in Ale 6 Gallons.

Aſh-bark boyled in Ale.

By the *Lychnis* Bitters; Gentian, Centaury in Wine.

By the Corroſives, Aron, Arſmart, Celandine diſtilled with Milk; to every Quart add Aq. Rhaph. Compoſit. 4 ounces, Syrup of Elder-berries or Scurvy-graſs 3 ounces, Spirit of Scurvy-graſs half an ounce.

By Steel-wine, or Tinctures.

By Volatile Salt, Sal Volatile, with Tinctures of Guaiacum, Saſſaphras, made with it.

By all aromatic or fœtid Cordials, Saffron, Aloetic Purgers, Tinctura Sacra, Ruffi Pills.

4. Where the Blood is hot, theſe are the cool Detergers in Obſtructions.

The Dock and Cichoraceous Bitters.

The *Lamium* Bitters; Gill, Wood-ſage, Ground-pine a pound to 4 Gallons; Horehound or Germander, are of the ſame Virtue.

The salso-Acids, Nitre, Sal Prunellæ, Sal Armoniac, in Water and Sugar.

The leguminous Bitters, as Fumitory Juice, in Whey.

All hot windy Pains are cured by cold Baths, oxycrate outwardly, and opiates inwardly, but Bleeding and Purging must precede.

And some sub-Acids are commended, Spiritus Nitri Dulcis, Gas Sulphuris, Acetum Scylliticum, one Spoonful at Night. *Ætius*

In the Fury of Spirits, we use these Acerbs to depress them: Spirit of Vitriol, Allum in Water, with Syrup of Citrons or Borage.

The Body must be kept constantly open, by Oil or Oxymels 2 ounces in a Morning; at Night Oxymel Scylliticum a Dram in Wine and Water, or mix that with Syrup of Violets, and Oil of Almonds, and Sugar; a Dram of the Oxymel to each Ounce of the Mixture; purging Salt in Water-gruel, stewed Prunes and Sena, an Ounce to a Pint of the Liquor. Diaspoliticum, with equal quantity of Niter, sweeten the Tea with Honey boyled and skummed; Purging disorders the Spirits without an Opiate.

We use Baths of steeled Waters, or Decoction of steel Filings, and *Tartar* after Vomit-

Vomiting and Purging, and Bleeding 8 Ounces in hot Conſtitutions.

Lixivial Fomentations cure ſcorbutic Spots.

We uſe cold Baths for erratic Pains, Convulſions, Vermiculations in the Skin, beating in the Fleſh, univerſal Debility, Laſſitude, Itching, Stinging, Stupors, Epilepſies, hyſteric Fits, which depend on hot windy Spirits, which Water drinking and cold Baths compreſs, being rarify'd Serum; the ſharp Sourneſs is only the Effect of rarify'd and over-heated Liquors, like that of Vinegar from Wine; the Nidorous Ructus is like ſtinking Fiſh, and fry'd Oil, and Acids agree with theſe.

The Maniacs muſt Bleed, *ad animi Deliquium*, and Purge; drink Whey, uſe Baths of warm Water, or Irrigations of the ſame on the Head, and Opiates to procure Sleep; drink Water, and all the thin cool Diet.

At the firſt, Bleed in the Arm a Pound, in the Neck as much, and afterwards in the Foot a Pound, and uſe Opiates till the Fervor of Humours is abated, and after the tepid Bath, the Head muſt be waſhed in cold Water, and a great ſtay in cold Baths will ſtop all their Furies, and make them ſleep; the Bath of warm Water, and the *Stillicidium* muſt be uſed for an Hour, twice in a Day before eating.

The

The Phrenetic, after Bleeding, Glysters, Opiates, may use a temperate warm Bath, and Unction, and at the latter end Wine for a Cordial; but 'tis more proper to give warm water then cold, in all inward Inflammations, as *Trallian* observes; we must use a *Stillicidium* of warm Water twice in a Day for an Hour, a Decoction of Mallows and Gill, may be applied on the Head, and Oil of sweet Almonds.

The lower Parts will admit of Friction.

Emulsions; Barley-water, and all the cold and moist thin Diet, with *Sal Prunellæ*, Spirit of Vitriol as are used in Fevers are necessary; but no actual cold Things, where Perspiration is wanting: Abstain from Wine in the beginning, and Anger, during the Inflammation, and then we may anoint the Head with *Rosaceum* and Vinegar, at first, sometimes pouring warm Water on the Head.

The Cure of Melancholics by *Alpinus*, was thus:

Give for Diet Water-gruel, Barley-broths, fresh Eggs, Chickens, Veal, and their Broths, all boyled, no roasted; drink Barley-water with Syrup of Borage, or Violets, or Whey with the same, or Whey 3 Pints, Syrup of Roses, 3 Ounces to purge: Bleed 2 or 3 times in the Foot, or by Leeches, after the Body has been sufficiently evacuated, he prescribes a Bath

a Bath of warm Water, tepid, twice in a Day, and a *Stillicidium* of the ſame on the Head, for an Hour's Time before Meat.

The Melancholic Delirium is from *Atrabilis*, and requires a cold Diet, cool Baths, and gentle Evacuation; the Perſpiration is helped by the tepid Baths, and the Stagnation of black Blood in the Hypochondria, and perſpires the hot Vapours, which affect the animal Spirits.

For the Acid Ructus, uſe Wormwood infuſed in Water, and externally a Stillicidium on the Stomach, and Nardinum, or Oil of Mint and Cinnamon; in the hot, we foment with Mint, Wormwood, Cummin-ſeeds boyled in Vinegar, and a little Allum is added.

Geſtation, Walking, Hunting, Travelling, are convenient, and Friction of the whole with Hydroleum. the Head ſhaved and anointed with Roſaceum and Vinegar.

The moſt acrid Things are put into the *Smegmata*, which the old Phyſicians ſprinkled on the Body, rubbed them in, and irrigated the Body with warm Water; ſuch were Muſtard-ſeed, Niter, Pyrethrum, Caſtoreum, Oil, in which wild Cucumber Roots are boyled, Orrice, Pumice, burnt Shells, Juncus Odoratus; but I like ſome of

of theſe made in Balls with Caſtle-ſoap and fine Suets.

Theſe aromatic Balls are more uſeful: Take Caſtle-ſoap, Oyntment of Orange-flowers, of each four ounces, Species Diambræ half an ounce, Oil of bitter Almonds 2 ounces, to which add Oil of Rhodium, Oil of Cloves of each a Scruple, mix and pound all with Wheat-flower q. ſ. Theſe may be diſſolved in a Decoction of Angelica, Penny-Royal, Roſemary, Lavender.

In cancerous Tumours we uſe the Diet for the viſcid and vitriolic Humours, or cool Diet with Bleeding and Purging; Steel-Waters, Aſſes Milk, Wood Drinks, Whey, vulnerary Drinks, tepid Baths, and the cold.

Aſſes Milk, and a warm Bath cure the dry and hot Conſtitutions, which occaſion an habitual Watching.

Natural Melancholy is of a ſweet and acerb Taſte, like Tartar. *Bilis-atra*, is of an acrid acid Taſte, and very hot like Vinegar, and Corrodes. This is made in Hyſterics and Hypochondriacs by a violent Circulation in ſanguineous Tempers, 'tis only Stagnation of Blood in the Veins of the Meſentery, by Suppreſſion of the Hæmorrhoides, or Menſes. In Phrenetics, the *Bilis-flava*, becomes very acrid and black, as in Choleric Conſtitutions. Aduſtion of Humours is by a vio-

a violent Circulation and exceſſive Heat or Putrifaction: Old Men are much ſubject to theſe melancholic Humours; and acrid corroſive Saltneſs happen in ſcorbutic old Men, by Evaporation of the Serum, and long Digeſtion of the circulating Blood.

It ſeems to me that more Maniacs may be cured, if the Publick Hoſpitals had ſome Baths, both moderately hot and cold; and this Hint I give to thoſe who Erect or Govern ſuch Noble and Publick Charities.

As a Proof of my Opinion, and to encourage the Practice by the Succeſs, I have been inform'd by a Friend of mine, a Surgeon in *London*, ſince the Publication of the firſt Edition of this Book, that a certain Perſon who there keeps what is call'd a *Mad-Houſe*, has declar'd to have done more towards the Cure of Lunaticks, that have come under his Care, by *Bathings*, than by any other Means beſides; and for that purpoſe he has ſome time ſince, compleated two very convenient Baths, the one Hot, the other Cold; and it is now well known, that for his expeditious Cures, and the good Uſage thoſe poor miſerable People meet with from him, his Houſe ſtands recommended preferable to moſt others of the ſame Denomination.

Chap. XI.

The Binding Diet and Regimen in Fluxes.

THIS ſtops the violent Motion of Humours, the Blood's Circulation and Secretions of Serum, Choler, Urine, Sweats thro' their Glands.

1. The Efferveſcence of Humours muſt be abated by a thin Diet, as in Fevers by Acids, Poſca, Tincture of Roſes, or Acerbs, Serum de ſedo, Syrup of Oak-bark; and proper Evacuations and Corrections muſt be uſed for the *Cacochymia*, which is expelled.

2. We muſt uſe thoſe Meats which are of a ſlimy, thick Conſiſtence, the Farinaceous, as Bread toaſted or dried, Rice Meats, Flower of Wheat in Milk, Starch boiled in Milk, dry Biſket, Puddings, boiled Rice, Roſe-water, Sugar Almond-milk.

The viſcid Meats are hard Eggs, Jellies of Calves-feet with Hartshorn, new Cheeſe, Decoction of Horns, *Priapus*, Icthyocolla, Snails

Snails in Broth, or Fish, Whites of Eggs dissolved in Water, a new raw Egg prescribed by *Avicen*, for all Fluxes, slimy *Olera*, Comphrey, Purslane, Lettice, Bugloss, and Powder of Comphrey with steeled Milk.

2. A dry Diet, of Birds, hard Meats, dry roasted, or broyled Bread twice baked, drink little, but Wine and Water, Milk and Water, Rice Water.

3. Acerbs, Quinces preserved, Medlars, Services, Sloes, Blackberries dried to Powder, unripe Mulberries, Grains of Pomegranates, Myrtles, Bilberries, unripe Grapes, Craneberries in Tarts.

4. Austeres, Juice of Plantain 2 ounces in Broths, Decoction of Balaustians, Pomegranate Peels in Claret and Water, or Burnet, Horse-tail, Oak-bark, or Slowtree Bark, in Beer, or boyl the Barks with Cinnamon in *Decoctum Album*, or Milk and Water, Acorns powdered, with Claret; eat small Nuts, drink steel Liquors, *Bristol* Waters, which have an evident Styptieity; drink Smiths-Water, Cypress-Nuts, or Pine boyled in Claret, Infusion of Conserve of Roses in Water, Smith-dust 2 ounces, boyled in a Quart of Water, and drink it with Claret; Wine and Water binds.

Eat but once in a Day of one thing, and avoid Variety of Meats and Drinks.

Vinose Styptics, Wines may be made of Bilberries, Blackberries, Mulberries, or Syrup of Sloes, or any acerb Fruits, may be mixed with Claret, or a Scruple of Allum with burnt Claret.

Aromatic Styptics and Sugar, Mint, Cinnamon, Coriander Seeds, boyled in Water, and mixed with Claret, Decoction of Mastick sweetned.

The Milk Diet, Cows or Asses steeled, or Milk and Water chalybeated for Drink; Flints quenched in any Liqour will give it a Roughness.

Boyl Oak Bark 4 ounces, Cinnamon an ounce in six pints of Milk and Water for Drink.

Butter-milk set by all Night with Sugar of Roses half an ounce, Bole a dram; drink Milk Morning and Night with Conserve of Roses, Tincture of Roses, and Diacodium at Night.

The cold Immersions stop Hæmorrhagies, Whites, Vomittings, Defluxions, binding Glysters in Looseness, styptic Injections, cold Air, Rest and Sleep, Fear and Sadness, sprinkling of cold Water, stop the violent Motions, cold Epithemes, with Vinegar and Niter.

Opiates most effectually stop all Fluxes joined with an acid Spirit: And if a Fever attend

attend Fluxes, the *Cortex* is neceſſary with an *Opiate*.

Cold Baths ſtop all Fluxes of Night Sweats.

In Fluxes with Fevers, give the Tincture of the *Cortex* in Spirit of Wine. *Vide Linder.*

Melior eſt in ſene aſtrictior alvus.

Alvum aſtringit labor, ſedile, creta figularis corpori illita, cibus Imminutus, ſemel in die aſſumptu, & exigua portio, quies, vomitus.

CHAP.

Chap. XII.

The Vulnerary Diet and Regimen againſt Ulcers of the Kidneys, Lungs, &c.

1. WE uſe a thin Diet againſt Inflammations, or any other *Cacochymia* which produces them.

2. We muſt cleanſe the Ulcer by ſweet Taſtes, Hydromels, in which Gill, Agrimony, Scabious, Orris, Balſamita, Avens, Enula Campana are boyl'd; or uſe Mulſum and Honey, or Butter, Honey, and Turpentine, and Nutmeg; *Lucatellus*'s *Balſam* and Myrrh, Decoction of Barley a Quart, Honey 3 ounces.

3. Cleanſe the Ulcer by Mineral Waters, Chalybeat and Sulphur-water, or Whey with Veronica, Scabiota, Agrimony, by Wood-drinks, diſtill'd Milks, with Vulneraries.

4. To cleanſe, a dram of Turpentine beat with the Yolk of an Egg in Wine, Pine-kernels in Emulſions, Juniper or Pine Shavings

vings in Ale, Tar Pills, with Liquoriſh-powder, Fryar's Balſam, or Gilead Balſam, 2 Drams, mixed with a Pint of Syrup of Balſam, Herb-Robert, or St. *John*'s Wort, boyled in Poſſet-drink, or in Tea's, Dove's Foot in the ſame.

5. Cleanſe by Acrids, Aromatics, Corroſives or Bitters, in very ſlimy Ulcers, Decoction of *Guaiacum*, with *Enula Campana*, Liquoriſh and Raiſins.

From Paleſmoſs, boyled in Milk, Muſtard-ſeed and Honey, Syrup of Turneps, or Garlick.

Nettle-ſeeds and Honey, Orris Ale, Penny-royal, Hyſſop and Betony in Ptyſans.

Myrrh, Honey and Nutmeg, Emulſion of bitter Almonds, bitter Tea's, *Elixir Proprietatis*, with Gill, Tea, Pine-kernels and Honey.

6. By ſalt Taſtes, Lime-water, and Milk, drinking Urine as ſoon as made.

The Ulcer muſt be healed by,

1. Gummoſe Taſtes, Decoction of Comphrey in Broths, Decoction of Snails in Pectoral Drink, Worm-broths, Jelly-broths, Reſin, Nutmeg and Honey, Frankincenſe roaſted in an Apple, Wax and *Gum Arabick* in

in a Quince, Eggs with their whites dissolved in Water, Milk and Starch, all the Farinaceous Diet, Rice Milk, Puddings, Milk half a pint, *Bole Arm.* a Dram, Sugar of Roses half an ounce, steeled Milk.

2. By styptic Tastes, we must cicatrize, Strawberry Leaves and Roots boyled in Broths, Bistort and Agrimony in Posset-drink, Claret and Chalybeat-waters, Bole, or *Terra Sigillata* in all our Drinks or Milks, Decoction of Mastick, with Syrup of Quinces, Decoction of Sanders with Vulneraries, Plantain 2 ounces in Chicken-broth, Decoction of Oak Bark in Lime-water.

Cold Baths heal Ulcers outwardly, and strengthen all the solid Parts.

Rest and Sleep, and Serenity of Mind, procure the sooner healing.

Irish Slate, Sperma-ceti, Venice Treacle, of each a dram in Pills.

CHAP.

Chap. XIII.

The Diet and Regimen for the Itch, Lepra, or Herpes, Morphew, &c.

1. We muſt avoid all the Diet, which promotes Putrifaction, fermented Liquors; the hot Taſtes in Diet; the ſalt Diet, Cheeſe, Gravies, potted Meats, Cares, Paſſions, exceſſive Labour; Variety, Fulneſs of Fleſh, Meats, Eggs, Sea Fiſh, are apt to putrify; Stop of Excretions, binding of the Body, make the Breath to ſtink.

2. We muſt uſe all the Diet againſt Putrifaction of Humours, and againſt Saltneſs.

1. Acids given in the Morning, Syrup of Vinegar and Water; waſh the Mouth with Vinegar; uſe Elder Flower, or Clove Flower, or Rue Vinegar; Gas Sulphuris, in Worm-wood Wine, or Spirit of Vitriol, Elixir Vitrioli, Sorrel or Lemmon in Sauces; or ſulphurate all our Liquors; all acerb Fruits are proper; Lettuce and Vinegar, Melons, Cucumbers.

1. *Note*, That in no unfermented Liquors, any Worms can be diſcerned, ſuch is Juice of Lemmons.

2. Salso-Acids prevent or cure Putrifaction; Salt-Petre, and common Salt in Broths, Spirit of Salt in the same, vitriolated, lixivial or volatile Salts, mixed Salts, Sal Prunellæ a Dram, Sal Volatile or fixed Salt as much, or half the quantity.

3. Styptics stop Putrifaction, Cinquefoyl, Meadow-sweet, Plantain, Bole.

4. Bitters, cleanse putrid Humours, as Scordium in Posset Drink, Myrrh in Wine; Carduus, Rue, Centaury, boyled in Ale.

5. Strong Acrids, Mustard, Garlick, Rue, Scurvey-grass, are most effectual against Putrifaction; but volatile and fixt Salts not only prevent the Dissolution of Humours, but cure all animal Poisons, by perspiring their volatile Parts, and preserving the Mixture of the Blood, and its Serum. Take Salt of Harts-horn half a dram, Black-cherry Water 4 ounces for Viper-poisons.

6. The Loss of Spirits is repaired by Saffron, or Kermes in Wine, aromatic Hippocrass Wines, strong Broth, Brandy Spirits, Mace Ale, Sack Posset-drink, volatile Spirits, Sal Volatile in all Liquors.

1. We dilute the Salt and Viscidity by watery Liquors, sulphurate, nitrous, chalybeate

beate Waters, wood Drinks, Whey with Juice of Herbs, or Sal Prunellæ a Scruple, Cremor Tartari, Sal Mirabile of each a dram, Wine and Water, Cyder and Water.

Decoction of Ivory, Asses Milk, Decoction of Snails or Frogs, Cucumbers or Bugloſſe; boyl Fumitory, Brooklime, Water-creſſes in Milk; add 2 or 3 ſpoonfuls of Vinegar; make a Poſſet-drink, uſe all the cool Olera, and Fruits.

For a ſcald Head, drink purging Waters in Poſſet-drink, and apply the Curd to the Head, or Allum half a Pound, boyl it with Sage 2 handfuls, to bathe and heal the ſcald Head.

The putrid Humours are beſt purged off by Merc. dulcis, Jalapp Reſin, of each ten Grains, frequent Bleeding and Purging, Iſſues, Baths of warm Water.

Vipers Fleſh cauſe violent Sweats, and the Wood-drink with Spirits of Harts-horn will ſweat off all putrid Humours.

Tepid hot Baths remove the dry Scales, but cold Baths check the Putrifaction of Humours, and their Effervescencies.

Salivation evacuates all ſalt and viſcid and putrid Humours, in the Pox, and Leproſy, and Ulcers, under which Operation we may uſe Mace Ale and Broths; we may manage the Salivation with Safety and Eaſe, if ten Grains of Calomel, are given at a time.

The sudorific Diet expels the Mercury, and then we eat Meat well roasted, Birds, and drink only Wood-drinks.

The use of hot Baths and Syringing prevents Infection after Coition.

For Spots of the Face and Skin, Pustules and Scabs, Take Castile Soap 2 ounces, Sperma-ceti one ounce, Fuller's Earth an ounce, black and white Hellebor of each 2 drams, Oil of *Tartar per Deliquium* 2 ounces, Oil of Elder q. s.

For the Vitiligo, Take Castile Soap 2 ounces, Sulph. vivum one ounce, Verdigrease, or Mercurius Dulcis, or Vitriol, a dram; Camphire a scruple, Oil of Tart q. s. make Balls, which may be moistened in Vinegar, and the Place gently rubbed at Night, and wash it off in the Morning.

For a Red Face, take Gas Sulph. after eating; eat little; wash the Face with water and salt, or mix Sulph. Vivum, Allum, Cerus, ana in Aq. vitæ to wash; an ounce of each in Aq. Vitæ a pint.

For Itching, Take Mercurius Dulcis a dram, Pomatum one ounce; mix them. Rub the itching Parts with Salt, Sulphur, Vinegar, before the Bath of warm Water.

Putrifaction is a Solution of the Mixture in our Blood; in the beginning, the Blood is rarified; in the next degree a fætid Oil expires, and at last a Coagulation is made.

Thus

Thus all external Poiſons work, and Infection in malignant Fevers, Pox, Scurvey; Heat and Moiſture promote Putrifaction, and Stagnation of Humours; Cold, Dryneſs, prevents Putrifaction, and volatile and lixivial Salts and Bitters, as Myrrh, and Acrids promote the Circulation; Acids and Styptics cool and preſerve the Conſiſtence; Allum preſerves Water from Putrifaction; Sugar preſerves Fruits from Putrifaction. The *Indians* uſe it inſtead of Salt, and have no Scurvey, which common Salt occaſions, and that promotes the Fermentation in Vegitables; we preſerve Things in Oil, and Vinegar and Salt, and in Brandy, and by Sulphur Fumes.

Quivis Spiritus volatilis corroſivus eſt alcali volatile; therefore Vinegar corrects the Poiſon of Plants; the more any Particles are rarified, they become more ſharp; the making of Vinegar is by a long continued Heat, which rarifies the Acidities.

And Fermentation rarifies the oily, and makes a burning Oil and Acid; *Teſtacea* cure a volatile acid, fixt Salts, the middle ſtate of Acids.

The Aſhes, the moſt corroſive, as burnt Oyſter-ſhells; the Putrifaction in Fevers is evident by the putrid Odor of the Breath, Sweats, Urine, Stools.

CHAP.

Chap. XIV.

The Cordial Regimen, to support the Circulation.

WHEN the Spirits do not flow into the Heart and Muscles of the Breast, the Circulation fails; and when the Blood wants a due Rarifaction and Heat, it will not vigorously irritate the Auricles and Ventricles of the Heart to their Contractions.

1. We must avoid Fasting, great Evacuations, Hæmorrhagies, Venery, Watching, excessive Labour, Pains, hot Baths, violent Passions of Fear, Joy; Smoak, Fumes, irregular Motions of Spirits in Convulsions, which stop the Circulation; the viscid Saburra in the Stomach, putrid Humours in Fevers, Ulcers, Worms, affect the Stomach as well as Surfeits.

2. By the Cordial Diet we excite the Motion of Spirits.

1. By aromatic Acrids, Hippocras Wines, Aqua Mirabilis, Brandy, Oil of Cloves and Cinnamon in Lozenges; Take Balm-water 12 ounces, Spirit of Citrons 3 ounces, Syr. of Rasberries 2 ounces, Sal volatile Oleos. Tincture of Lavender Compos. of each a dram,

dram, Confect. Alkerm: a dram and half. Or Black-cherry-water 12 ounces, Spirit of Lillies of the Valley 3 ounces, Syrup of Cloves an ounce, Tincture of Saffron half an ounce. Distil 40 or 50 Parings of Oranges, with a Gallon of Sack; or put Clove Gillyflowers, or Orange Flowers half an ounce in a quart of Sack.

2. The most odoriferous, are the strongest Cordials, and all fœtid Smells, Tincture of Ambergrease, with Spirit of Citrons; Sugar half a Pound, Confection Alkerm: an ounce, Ambergrease and Oil of Cinnamon of each half a Scruple, make Lozenges. Tincture of Saffron, Castor, Sal volatile oleosum, Laud: liquid of each a dram. Vehement Spirits cannot be composed without *Laudanum.*

3. In all Evacuations, use the Restorative Diet, the Yolk of an Egg with Canary, and 2 or 3 Grains of Ambergrease; strong Madera Wine, Jelly-broths, March-drink, highly hopped, are proper.

4. Use the Diet against *Vitriolic Cacochymia,* Worms, Pains, sizey Blood, malignant Fevers, pituitous *Cacochymia.*

5. The cool Cordials prevent the Effervescencies, and refresh the Spirits by grateful Smells. Borage, Balm, Burnet, Aven Roots, Omphacium preserves from fainting in Fevers.

6. The

6. The ſtyptic Aromatics ſtop Fluxes, Meadow-ſweet, Roſes; diſtil Cinnamon 4 ounces, with 2 quarts of Sack or Brandy.

Uſe Friction, ſprinkle cold Water in the Face, drink Wine if there be no Inflammation, uſe cool Air, Chearfulneſs, grateful Smells, or the fœtid; volatile Salts, Snuff; apply hot Plaiſters to the Feet; cold Baths ſtrengthen the Fainty.

Vomits cure the Faintineſs in Hypochondriacs. *Celſus* ſays, nothing excites the Lethargick like cold Water. *Itaque per unctum oleo multo corpus, tribus at* 4 *Amphori, totum per caput perfundendum.* Dry Cupping to the Head and Heart helps the Circulation; apply Muſtard-ſeed, Caſtor, Rue, boyled in Vinegar to the Head.

An Irrigation of cold Water on the Head cools in the *Phrenitis.*

CHAP. XV.

The Regimen in the Aſthma.

THE Pulſe riſes before the *Aſthma* Fits, and falls after them; but the Weight does not increaſe before the Fits, but falls three Pound by them.

Before

Before the Fit, a cool Diet is moſt convenient, and alſo in the Fit, becauſe it is a ſymptomatical Fever, depending on the Obſtructions of the *Bronchia*. After the Fits, a more plentiful Diet is neceſſary, to repair the Loſs of Weight and Nutriment: Uſe no Vomits or Purges in the Fits.

For preventing the Fits, uſe a dry Air, without ill Smells of Sulphur, Pitch, Tallow, Duſt.

We muſt uſe moderate Exerciſe for an Hour before Dinner and Supper in a Coach, or Horſeback, or Walking; and in a Morning uſe Friction on the Legs and Thighs, where the Circulation begins firſt to ſtop by the Fits, and they then feel Cold. This is a revulſive Friction, but uſe a general Friction once in a Week.

The Diet muſt be againſt the ſerous or viſcid *Cacochymia*; for the firſt drink little; eat only Fleſh Meats, Centaury Tea, bitter Wines, or Elder-wine; avoid all Roots, and Peas, and Beans, and the *Olera*; and all windy Drinks, Milk Meats, Cheeſe, drinking Waters; uſe Coffee and Tea three Hours after Dinner to help Digeſtion.

In the hot Aſthmatics, with thick or ſizey Blood, bleed often; avoid Oyſters, Cheeſe, Pye-cruſts, ſtrong malt Liquor, Claret, and hot Wines; uſe Elder-wine or Sack and Water, Toaſt and Water all Summer.

Use Bread of Wheat and Rye, or Wheat with much Bran in it.

Pound Apples, and put Water on them for Drink, or Cyder and Water in the Summer.

Avoid all hot Acrids, and Aromatics in Diet; Brandy Spirits, fermented Liquors, full Meals.

The Viscidity of the Phlegm will admit of no mucilaginous Diet, such as Fish, Legumens, Milk, mealy Meats; but it requires much diluting by our Sulphur-waters, *Bath*, *Buxton*.

A small Mead is very useful; avoid all Evening Drinking, and Suppers, and all Styptics, such as Claret, and drinking betwixt Meals.

Liquorish-water, and Wood-drinks are useful; we purge once in a Month with Stomach Pills; Glauber's Salt, *Elixir Salutis*, and cold Bathing is useful in the Summer.

In the Fit of the *Asthma*, 'tis best to fast for the first Day; eat nothing solid; drink Wine and Water; at Night take Oil of Almonds, *Diacodium*, and add Oxymel Scylliticum a dram, to each ounce of the mixture with Sugar Candy; continue a thin Diet till the Fit goes off; use no Motion, but sit still in a Chair, which is usually 3 Days or 5, Pectoral drinks a pint, Sal Prunellæ 2 drams, are useful; and thin Emulsions with Sal Prunellæ.

Drink

Drink a Glaſs of Water in a Morning with 20 drops of Spirits of Harts-horn to help the Expectoration after the Fits, and as much in the Evening; the uſe of Snuff helps Expectoration, as well as Riding; much Bread binds the Body.

Waſh the Head every Morning, riſe early, uſe Muſtard-ſeed Snuff, or Tobacco powder'd.

This is the Medicine I uſe to put off the returning of the Fits; Gum Ammoniaci 1 ounce, diſſolvat. in Aqua flor. Sambuci 1 *l.* colatur; adde Oxymelit. Scyllitici 2 ounces dos. cochl. j hora ſomni: This muſt be long uſed in the Winter, and repeat the Quantity 3 times; but in warm Weather bleeding is neceſſary, and Monthly Purges, and drinking no Malt Liquors, but Elder wine and water; Cinnamon or Anniſeed-water 2 ounces, Oxymel Scilliticum one ounce, Doſe one ſpoonful in the Fits.

To prevent the Fits, a ſcruple of Flowers of Sulphur in Pills, with Butter, or in Wine.

Purging Wine. Take Roots of Orris an ounce, Elecampane, Squills, of each half an ounce, Horehound a handful, Elder-bark an ounce, Sena an ounce and half, Agaric 2 drams, Ginger a dram, infuſe in Wine 2 quarts.

Take Honey at Night boiled in ſmall Ale to help Expectoration.

Chap. XVI.

The Regimen in the Decay of the Sensitive Organs, and Intellectuals, as Loss of Memory, *&c.*

IF the Memory decays in cold and moist Constitutions, it requires hot and drying Remedies and Diet; warm Diet of Acrids, Aromatics, Bitters, warm Baths and warm Oils, such as *Unguentum Nardinum*. Heat, and discuss the Humidities with Friction by others; purge with Hiera-picra, use Oil, Niter, Pepper, Castoreum, with Bathing; and inwardly Garlick, Serpillum in White Wine, volatile oily Salts, and fœtid Cephalics, Tincture of Castor, Sal Volatile, Oleosum, Spirit of Lavender, Tinctura Martis, with bitter Wines: These things irritate the Spirits, Snuff of Primrose-Roots and Sugar-candy, *ana*, Castor, and white Hellebore, warm Perriwigs, and Caps; frequent Combing of the Head.

If the Memory decays by old Age, Dryness or Evacuations; a nutritive Diet, Asses Milk and Chocolate, *&c.* are good.

If

If from Heat, avoid hot Diet and Wine; uſe moiſtening Diet, temperate hot Baths, and the cold at laſt, with Oil of Roſes and Water, cool Diet, Wine and Water, Fiſh; vomit and purge off Choler, and Bleed, little Exerciſe, but ſlow and ſoft Frictions; abſtain from Venery, Cares, Watching, Faſting, Studies.

In *Oribaſius*, lib. x. This is a Quotation from *Agathinus*. *Vix verbis exequi poſſum quantum utilitatis ex frigida lavatione percipiatur: Qui frigida lavantur, etiamſi ſenio propemodum confecti ſunt, corpore tamen conſtanti & compacto, & colore florido, comperias, & omnino multum virilitatis & tenoris præ ſe ferant, quinetiam quæ ad appetitiones, concoctiones pertinent, firma, ſenſuſque, plerumque integros & exquiſitos, & uno verbo naturales actiones vitæ conſtitutas habent.*

Sæpenumero a Cæna cum ægre propter æſtum in ſomnum delabor, in frigidam deſcendere conſuevi, & mirabile eſt quam jucundam noctem tranſigam.

In uſu frigidæ habenda eſt Ratio aurium, ne frigida in eas influat, quum enim frigida lavatio ad omnia ſit multo quam cæteræ dietæ utilior, quomodo meatui auditorio tantum cum noxa contingat certe neſcio.

In the Melancholic, use Steel 2 drams, infused in a Gallon of Water; take a pint, or a quart every Morning; or Filings an ounce infused in 4 ounces of Juice of Oranges, add Wine a quart, dose 3 ounces every Morning.

To help Digestion, take 4 Orange Peels or six sliced, Gentian six drams, Serpentaria 2 drams, Cochinel one dram, Brandy one pint; let them stand cool for 14 Days, dose one or two Tea spoonfuls twice a Day in Liquor or Water.

I cannot omit that *Regimen*, which *Celsus* recommends for healthful Persons.

Ignavia corpus hebetat, labor firmat; illa maturam Senectutem, hic longam adolescentiam reddit, prodest etiam 'Balneo, interdum aquis frigidis uti, modo ungi, modo ipsum negligere; bis die potius quam semel cibum capere, nullum cibi genus fugere quo populus utatur, exercitationes & cibi necessarii, sed athletici superflui.

Exercitatio semper antecedere cibum debet, ejus finis sudor, aut lassitudo, exercitationem recte sequitur unctio, aut balneum, ubi expletus est aliquis facilius concoquit, si quicquid assumpsit potione aquæ frigida includit.

Scire

Scire autem licet integrum corpus esse, quum quotidie mane urina alba, dein rufa est, illud concoquere, hoc concipisse significat.

Celsus Lib. 2. *Capiti nil æque prodest atque aqua frigida, atque is cui hoc infirmum, per æstatem id bene largo canali quotidie debet aliquandiu subjicere: bibere vinum dilutius, usus frigidæ aquæ prodest in iis qui lippitudine gravedine, destillationibus, laborant, caput aqua frigida per fundenda, & os frigida fovendum est, precipue ubi austri gravius Cælum reddiderunt.*

Cold Water drank in a Morning abates too much Perspiration, but makes the Stomach sick.

Too much cold Water, used after warm Baths, externally, is observed by old Writers to produce a Nausea.

Men imprisoned die for want of Exercise, and Bathing, and Unction, as *Galen* observed.

A Shirt may be held over the Smoak of Amber, and so worn to raise the Spirits, and Amber may be smoaked with Tobacco.

CHAP.

Chap. XVII.

Some Receipts for Old Men's Diseases.

A Receipt against sour Drinks in Summer, and acid Humours, from Linder, de Venenis.

In a Crucible melt Niter, and inflame it; and after its Detonation, let it dissolve *per Deliquium*, use it in Beer; it has the Nature of a *Sal Alcali*, and may be used in Summer. We use Ginger Powder, or Burnt Oyster-shells to a Vessel of sour Drink, and for some sour Humours.

Mustard-seed and Honey cured the Stoppage of the Lungs by much Phlegm in an old Man.

For the Gout; take Snake Roots 2 ounces, Rhubarb an ounce; Cochinel, Saffron, of each 2 drams, one Orange Peel, infuse in Brandy a Quart, dose Cochlear 2, vel 3, at Bed-time.

For the Stone; take Turpentine an ounce, Sugar half an ounce, dose a Dram, twice or thrice a Week; and it may be mixt with the Yolk of an Egg and Wine; or thin Honey boiled to a Syrup, half a pint in a pint of Water; add Sal Prunellæ half an ounce, Tur-

Turpentine beat with the Yolk of an Egg an ounce, Nutmeg a dram, Dose a Spoonful or two Morning and Night.

These are *Hippocrates*'s Directions for Cure and Prevention; Moderate Exercise and Diet, Purging with black Hellebore, bleeding in the *Vena Poplitis*, Diuretics, emollient and attenuating, Whey 2 quarts, Juice of Lemons 4 ounces, clarifie with the White of an Egg; add Sugar 4 ounces, Dose half a pint.

Thin Rheum; mix Olibanum, Sugar-candy, Pap of an Apple, or Olibanum, Venice Treacle.

Opthalmics, *Oculorum vita omnia sanari aloe convenit.* Pliny. Aloes, Tutty, Sugar of each half an ounce in Wine and Rose-Water of each half a Pint, or Vitriol 4 Grains in 4 ounces of Rose-Water.

Liquorish, Orris Roots, Elacampana, Squills of each an ounce; infuse in Spirit of Wine a pint, with Cloves, Benjamin and Saffron of each a dram, decant and add Sugar a pound, set it on the Fire, and burn it to a Syrup; mix Oil of Sulphur to a grateful Acidity: This is *Oleum Sacchari compositum* commended in the *Asthma*; but if the same Ingredients were infused in Water, and made into a Syrup with Sugar, and Oil of Sulphur added, a dram, it would agree best with hot Tempers.

Obstructions; take Steel prepared with Sulphur 6 drams, Rhubarb, Hiera-picra,

Salt of Tartar, Gum Ammoniacum of each 2 drams, with Syrup of Horehound; make Pills; doſe a ſcruple at Night.

Dropſy; take Jalapp, 2 drams; Salt of Tartar, Ammoniacum, Aloes, of each a dram, Oxymel Scylliticum q. ſ. fiant Pilul. Doſe a ſcruple every Day.

Obſcure Sight; take Crocus Metallor: a dram, Aq; Chelidon: ſix ounces, *Colatæ, tres vel 4 Guttas tepidas infunde ſine morſa validiſſime abſtergit.*

In the Lues, or Defluxions, take Guaiacum, a pound, infuſed in Wine 12 pints 4 days, in a cloſe Veſſel, for ordinary drink; or make a Syrup by boyling the ſame quantity in Water, adding Sugar and Juice of Lemmons in hot Tempers. Guiacum may be infuſed cold in the ſame quantity of Lime-Water, with Liquoriſh and Coriander Seeds of each an ounce and half, and may be drank with Milk.

Cramp; Take Ung. Popul. 2 parts, Oil of Spike 1 part, anoint, uſe rubbing with Fleſh-bruſhes every Night.

Cholic; Take Rhubarb 2 ounces, Gentian 4 ounces, Anniſeed-water a quart, infuſe, doſe 2 Spoonfuls.

Sharp Urine, take Mallow Leaves 2 handfuls, Gum Arabic 2 drams, Boil in Barley-water 3 pints, with Almonds and cold Seeds, make an Emulſion, ſweeten it with Syrup of Marſhmallows 3 ounces.

For

For crude ſlimy Humours in very old Men; vomit with a ſcruple of Hypecacuanha once in a Month; purge with Tinctura ſacra 2 ounces every Week; drink only Sack-Whey; uſe Bath-waters outwardly and inwardly with Wine, which is ſtrong; uſe Dioſpoliticum, or Diatrion Piperium with Honey, or Turpentine Pills, Tincture of Steel in bitter Wines, and at Night ſome Drops of Balſamum Polychreſtum, in any Syrup.

To cauſe Retention of Urine; take Pæony Roots an ounce, Amber, Corall, Gum Tragacanth of each 2 drams; doſe half a dram in Claret.

Suppreſſion of Urine; a Spoonful of Muſtard-ſeed unbruiſed in White-wine, or 2 Spoonfuls of Juice of Onions in Wine.

For Ulcers, boil Lime-water a Gallon, with Oak-bark half a pound, uſe it outwardly.

Tetters; Flower of Brimſtone, burnt Allom, Ginger, Freſh-Butter.

Running of the Eyes; take White-wine a pint; white Vitriol a dram, mix and filter; add Honey 2 ounces.

Red Eyes; Brandy and Frog-ſpawn-Water: I waſh them with my own Urine.

To cool and repel hot Humours; take Roſe-water 2 ounces, to this add any of theſe, Rhaſis's, white Troches a dram, or Calamine levigated half a dram, or Tutty

half a dram, or white Vitriol and Sugar of Lead of each 5 Grains. *Quinsey.*

Piles; take Populeon an ounce, Sugar of Lead a dram, Opium a scruple, Oil of Amber, Balsam of Sulphur Annisat. of each ten drops.

Deafness; Oil of bitter Almonds, a dram; Oil of Amber 3 drops: I cut a Quil like a Scoop, and gently put it in the Ear, and by turning it round, draw out the Wax; this presently relieves me.

Pains of the Hæmorrhoids; receive the Fume of Olibanum, Mastick, Aloes, Myrrh, equal parts of each, from hot Coals, or anoint with burnt Oyster-shells and Honey, or fryed Leeks and Butter.

Apoplexy; Cupping-Glass, without Scarification to the Neck, and 2 to the Shoulders, or the top of the Head after sufficient Evacuations by Bleeding, and Vomits, or Glysters.

Chilblains, a roasted Turnep as a Poultis, foment with Urine.

A Detergent Opthalmic; take Aloes 2 drams, Fenil-water 8 ounces, Sugar-candy 2 drams, Camphire half a dram, to cleanse and cool; add Sacch. Saturni a scruple, to Aloes, a dram, in Rose-water 4 ounces.

Piles; take Flower of Brimstone an ounce, Sugar 3 ounces, Gum Tragac: dissolved in Orange

range Flower-water; make Troches: Dose 3 in a Day; they keep the Body open.

Mouth-water to fasten the Teeth; Myrrh, Allum, of each a dram, Bole 2 drams; infuse in Claret a Pint; or Lime-water a pint, crude and burnt Allum of each a dram, Orris Roots 2 drams, infuse and strain; add Orange-flower-water 2 ounces, or Terra Japonica half an ounce, in Claret a pint.

In Decay of Natural Heat; Olibanum 2 ounces, Myrrh an ounce, Honey a pound, Saffron a dram, Nutmeg Number j, mix.

Tachenius, *de Morborum Principe*, advises the Ashes of Rosemary, Lavender, Rue, Betony, to be sprinkled in the Linnen Socks to discuss the remaining Tumours after the Gout; and the same sprinkling Ashes cures the Fætor of the sweating Feet. This promotes the Diaphoresis, and dries the Humors. Spirit of Vitriol cures the Podagric Pain of the Scapula, being anointed on it; and the Formentation of Vinegar does the same; in cold Gouts, Spiritus Vini, Camphorat: Sal Armoniac, and Salt of Tartar dissolved in Water; or Urine and Ashes mixt, or Spirit of Wine and of Sal Armoniac mixed and anointed with a Feather, or Aq. Spermatis Ranarum half a pint, Spirit of Sal Armoniac an ounce.

Milk Diet; Sugar will hinder its curdling; fair Water its turning to Choler, it

may

may be taken to 4 pints 4 times in a Day; Bread may eaten with it at Noon; take often *Scotch* Pills at Night, becauſe the Milk binds.

For the Stone; Take Oil of Almonds, Juice of Lemmons, Aqua-vitæ or White-wine, and Sugar, mix them; or drink Honey diſſolved in Juniper-water, or Aq. Rhaphani Compoſit:

For ſwelled Legs; mix Amber half an ounce with a Quart of Vinegar, pour it on a red hot Brick or Stone, receive the Fume.

For Scorbutic Pains; take an ounce of Oil of Turpentine, to which add volatile Salt a dram, mix them according to Art, and uſe it with Diſcretion, and it will be found excellent.

For Tumors, take the Emplaſtrum Diaſaponis, with a proportionate Quantity of Balſam of Sulphur Terebinthinated, exactly mixed, and they will either be diſſipated or brought to Suppuration, by its uſe.

Sea Bathing for old Pains of the Head, weak Stomach, Dropſey, Jaundice, Itch, Elephantiaſis, running Pains, is good.

CHAP.

Chap. XVIII.

Concerning the Perfusions of warm Water on the Skins of Old Men.

THE Perfusion is necessary to soften the hard, to moisten the dry Skin of old Men; and since their Perspiration is defective, or the Serous Perspirable acrid, thick, which is also Salso-acid, it occasions Itching, and divers branny Scurfs, and a general Contraction of the Pores by its Rugosity.

In the Skin are Veins, Arteries, and Nerves, and Glands, Lymphatics; they are relaxed by warm Water, and their Humors rarified by it, and their circular Motion is promoted; besides these Vessels, the Skin consists of a Network of Fibers, which relaxes, and are contracted by Heat, Cold, Moisture, Driness; the excretory Vessels of the Glands end in the Skin, and the *Serum* is made more fluxile, and the Orifices more open by warm Water, and the Secretion thro' the cutaneous Glands is promoted by warm Baths or Perfusions.

These

Theſe cleanſe away much dried *Sordes*, which adheres to the Skins of old Men; they nouriſh the ſolid Parts, warm the Blood and Nerves, and help all the inward Secretions by Urine, Stools, Spit; all theſe Benefits may be procured by Perfuſion with warm Water: After the Body is rubbed by a Fleſh-Bruſh, and waſhed by a proper Waſhball of Caſtile Soap two parts, bitter Almonds one part, mixed with Water in a Baſon, and rubbed all over the Body; at laſt uſe the Perfuſion of warm Water, or Hydroleum, to ſmooth the Rugoſities of the Skin. I rather prefer this Perfuſion of Water as ſufficient for the purpoſe mentioned, and at laſt perfuſe with tepid Water to defend and contract the Network Fibres againſt the Injuries of the Air.

Hot Baths are proper for Diſeaſes, but they evacuate too much Nutriment from old Bodies, and weaken their Spirits; therefore Perfuſions of warm Water, and proper *Smegmata*, are ſufficient for the common Regimen of old Men's Healths.

It will be neceſſary to ſtand in a wooden Kinnel before the Fire, firſt to be rubbed all over, then waſhed with the Soap Lather, and at laſt to be waſhed with Water as hot as our Urine is, and then with tepid Water; and by this Method many Diſeaſes may be prevented; and I muſt confeſs, that the Cure

of

of Children, old Men, and Womens Diſeaſes, may be ſooner done by hot and cold Baths, than by inward Medicines. Vide *my Advice to a young Phyſician.*

Lanciſius makes this Remark on the innumerable Blood Veſſels of the Skin, deſcribed in *Euſtachius*'s Tables.

Quam copioſa eſſe debeat in homine ſano inſenſilis perſpiratio, & quale emolumentum ægris accedat ex ſudore, iidem propterea admonentur ut ſæpius frictionibus, cucurbitulis, fotibus, balneiſque utantur, hæc enim valde preſſent univerſo ſanguini, tum motum, tum fluiditatem, tum vel maxime depurationem impertiri.

Note, The Blood Veſſels in the Skin ariſe from thoſe in the Muſcles under it ; and if the Blood moves faſter in the Skin, it will move ſo in the Muſcles : But the Blood ordinarily moves ſloweſt in the Skin, which in Cachexies looks pale.

Innumerable Nerves appear to be inſerted into the Skin, in *Euſtachius*'s Tables, and by their Contraction of the Fibrous Network, which appears in all dried Skins, or by their Relaxation, the Peſpiration is altered, and Diſeaſes with Fevers or Cachexies may be occaſioned ; but the Perſpiration may be ſoon reſtored by warm Water and

Friction, and proper Cephalics may be boiled in the Water, and they may immediately act on the *Papillæ Nervosæ* in the Skin, in the cure of nerveous Diseases.

If we use this Perfusion at Night, and go into a warm Bed, that will promote Sweating; if in a Morning once in a Month, that will preserve the ordinary Perspiration, and Softness of the Skin, and cleanse the Sordes from the Pores.

Sanctorius in primam fen. pag. 388. observes, That external Cold makes the inward Parts stronger. He quotes this Aphorism from *Hippocrates. Æstate media frigida perfusia in carnoso calorem revocat ad intus, & convulsionem tollit:* This Experiment he mentions, *In doloribus colicis & nephriticis, in ipsa cardialgia frigidæ perfusionem, si habitus sit carnosus maxime juvare.*

Thus the Perfusion of cold Water may be used sometimes for a Cure, but not constantly practised, lest it stop Perspiration too much in old Persons.

We know the Perspiration is too little, by the Heaviness of the Head, Sleepiness, Lassitude, Oscitation, Nausea; by Coldness and Horror, and after aluminous Baths; but we know we perspire too much by Leanness, Weakness, binding of the Body, high coloured Urine, great Appetite, and after Labour, and thin Diet: A healthful

Per-

Perſpiration is when we return to the ſame weight every Morning ; and then we feel more lightſome.

Galen, in his 5th Book, *de tuenda Sanitate*, concerning the *Gerontocomia*, mentions two old Phyſicians Method : *Antiochus*, of 80 Years, who Bathed every Day; every Day he walked 3 *Stadia* to viſit his Patients before Breakfaſt, and eat a Dinner of freſh Fiſh.

Telephius was near 100 Years, uſed bathing twice or thrice in a Month, uſed leſs Exerciſe, becauſe of his Age ; he eat Fowl, and Broth, and Fiſh ſometimes.

Both theſe PHYSICIANS agreed in theſe things, they uſed Friction, before Breakfaſt. *Prius alvo dejecta* ; they uſed Honey boiled or raw for Breakfaſt, rarely with Bread ; *Hora tertia*, and dined at the 7th Hour.

Ex cinere nitro & cimolia veteres fecerunt lixivii genus ; quo in Balneis ſordes eluerunt : cum nitro & cimolia terra ſmegma optimum. Ætius.

A ſtrong Brine cleanſes the Face from Itch and Scurf ; our own Urine does the ſame, and clears the Eyes of old Men.

Chap. XIX.

The Use of Cold Baths, *is profitable in many Chronical Diseases.*

1. In all Hæmorrhagies to prevent them, and especially in the Fluxes of Blood betwixt 40 and 50, in old Women.

2. In the sizey Blood, as Rheumatisms, Inflammations, Lumbago, Head-ach, Sciatica.

3. In windy Diseases, Hypochondriacs, Hysterics, the Bite of a mad Dog, Mania, Convulsions, Tympany.

4. To strenghen the solid Parts, Rickets.

5. In Fluxes, Fluor Albus, Abortion, Coughs.

6. 'Tis a Diuretic in Stone, Strangury.

7. It quenches Thirst, helps the Digestion, increases the Appetite.

The cold Baths disagree with fat Persons, unsound Viscera, Fits of the Gout, cold Constitutions, Gripes, Inflammations of the Lungs, during Defluxions; use them from *June* to *September*, and Bleed and Purge before

fore cold Baths, and uſe them faſting, and two or three times in a Week.

Drinking of Waters at *Buxton*, and bathing there, agree very well with old Men for their Gravel, or *Diabetes*, or conſumptive Coughs, and Pain in their Limbs; but the quantity muſt not exceed 2 pounds, nor under one pound, before they bathe in the Morning; nothing ſtops Night Sweats, but bathing in a temperate Bath, cooler than the Blood.

Drinking ſteel Water in *June* or *July* for a Month, renews the Appetite loſt, and cures the Scurvy and Gravel in old Men, who are lean and hot.

Galen adviſes temperate warm Baths to Hectical *Marcors*, to moiſten the Dryneſs, whether from Heat or Cold: *Hoc mirabile habent balneum, quod & calidas & frigidas ſiccitates juvant: non ſitientibus ſitim accendant, & ſitientibus eandem tollant.* Galen *de Marcore.*

But if the Hectical *Marcor*, be joined with Inflammations, Eryſipelas, or intermitting Fevers; theſe Diſeaſes muſt firſt be cured before Bathing.

After Concoction in Fevers, *Galen* preſcribed a warm Bath, or Water-drinking.

We may bring Perſons to the uſe of cold Baths, by bathing them in a Tub, in which a Pail of hot Water is mixed with the Cold.

This

This is my Method of dipping Infants at their Baptiſm in *Lichfield*. Take his Neck behind in the Right-Hand, and hold the left under his Ham; then let him dip under Water with his Body and Face ſideways, and lift him up again immediately. I can teſtify by two Experiments I made, that the Children ſo dipt received no Injury, but were very lively, healthy and hardy ever ſince; the laſt was dipt in *March* 1723, and was able to bear his Weight at 3 quarters old: But how can we dip according to the Rubrick, if only Marble Baſons be built in our Churches? The Affuſion of Water is fairly repreſented by the Picture in the Common Prayer-Book, in St. *John Baptiſt's* Day, the Water is poured on the Head, and all the Body, but ſo our Saviour was not Baptized.

Galen preſcribes warm Baths to Children till they be three Years old, and then cold Baths; but we bathe Children at one Year to prevent the Rickets, and every Year till they are cured.

Galen mentions the Salting of Children when new Born, to harden their Skins, but thinks the dipping ſuch in cold Water dangerous as the Barbarians practiſed, *Lib.* 1. *De ſanitate tuenda*. He might have obſerved the Baptiſm of the Chriſtians.

CHAP.

CHAP. XX.

Divers Pulſes of old Perſons in the Morning.

JULY, a Woman aged 75, her Pulſe was 75; 76 another Day. A Man aged 64, his Pulſe was 84, and 86.

Many old Mens Pulſes intermits, and in one of 80 Years, I obſerved the Myurus Pulſation.

In ſome the Pulſe is very great and ſtrong at 68 Years, if full of Fleſh and Ruddy.

My Pulſe.			*Morning Weight.*	
Jun.	27	76	176 ½	
	28	80	176 ½	
	29	77	176	
	30	76	175 ¼	
July	3d.	77	175	
	4	79	175 ½	
	5	74	174 ½	
	6	80	173 ¼	
	14	82	143	
	15	90	174 ½	Loſt by Urine in the Night a Pound, by Perſpiration three Quarters, the Thermometer ten Degrees above temperate, very cold and rainy, not ſo heavy as uſual.
	18	85	173 ½	
Aug.	10	80	172	

Whoſoever will keep an Account of the quantity of Urine in 24 Hours, will obſerve it beſt by a Glaſs on which a Paper is marked at every quarter of a Pound, and the quantity is from two Pounds to four in temperate

perate old Perſons, when the Perſpiration is little; by this we may know alſo when the *Serum* abounds, and by a moderate Colour and Thickneſs we know a good Digeſtion, and by a high Colour a violent Circulation and Digeſtion, and by a pale Colour the weak Circulation and Digeſtion; the Urine alters by Diet, Exerciſe, Evacuations, Sleep, Paſſions, Seaſons of the Year, and Changes of Weather; and we may make many uſeful Aphoriſms by the Obſervation of the Urine in Health and Diſeaſes; Urine taſtes biterriſh from Choler, ſalt from the Armoniac Salt; the Contents are from the Mixture of the *Serum* or Chyle, diſturbed by an Effervescence or their Crudity.

The Pulſes of old Men, decrepit, are more rare, ſlow and languid, than in their middle Age, and therefore they want a warmer Regimen.

If the Pulſe beats commonly above 75, thoſe old Men muſt uſe the cold Regimen; if under 75, they muſt uſe the hot.

In old Men there is a dry Body, but that Siccity of Nutriment may be joined with too much Heat, or too much Coldneſs, which is known by the Pulſe; where there are mixed Humours, the Method is to be mixed.

APPENDIX.

Some Collections and Obſervations, relating to Oils and Unction, in the Prevention and Cure of many Diſeaſes.

John d' Laet tells us, That in *Virginia* they make Oil of Acorns, with which they anoint their Limbs; the Colour of it is a clear Yellow, when made at the Oil Mill, as I obſerved; 'tis of a ſweet Taſte, a little Styptic, and may be uſed in a *Linctus*, or Glyſters for a Dyſentery, or made into a *Balſam* with Sulphur: It burns like a Candle in a Tea-Lamp, without any Offence in Smell. The *Indians* dry their Acorns on the Fire to make them keep; then they ſteep and boil them in Water before they expreſs their Oil. Vid. *John d' Laet.*

Pomet ſays, the Inhabitants of *Province* make an Oil of Acorns, but he did never ſee it. I find Acorns long kept do not yield ſo much Oil as the new Acorns; they are firſt

grounded, then heated, and pounded as the Linseed is, and about a Pint may be expressed from a Strike, and it may be used as Sallad Oil. The *Pulvis Lateralis* in *Bates*, is made of Acorns, and given for the Cholick and Stitches; our Countrymen grate on a Grater an Acorn for the same Uses; the Oil is much better on which the Virtue of that Powder depends.

By the use of Oils outwardly, and the painting the Skin, the *Indians* preserve themselves both from Heat and Cold. This the *Indians* do in *Virginia*; *In flumine primum frigido lavant Infantes, deinde perungunt, pinguntque, ut cutem adversus frigus pariter atque æstum indurent*, Joh. de Laet.

In Baths the Northern and Southern Nations use Unction.

Herodotus, Lib. 4. observes, that the *Scythians* do not use Bathing, (I suppose the extream Coldness of the Air makes that unpleasant, or dangerous, tho' the *Muscovites* now use hot Stoves, and rub their Bodies with Snow or Ice after them,) but the *Scythian* Women pour Water on themselves, and then anoint their Bodies with some sort of Turpentine, which makes their Bodies sweet and clean.

Herodotus,

Herodotus, Lib. 1. says, the *Babylonians* anointed all their Bodies, and yet they wore Linnen next their Skins as we do; and *Susanna* used to wash herself in her Garden, and sent her Maids for Oil and Washballs; and the reason of her washing was, because it was hot; therefore at *Babylon*, Oils, and some sort of *Smegmata*, were used with cold Bathing. The *Æthiopians* lived to 120 by their Bathing in a Spring, which made their Bodies as smooth as if they were anointed with Oil; but *Cambyse*'s Embassadors offered them an Alablaster Pot of Ointment, *Herod.* Lib. 3.

Aristotle, in his Problems, commends both hot and cold *Baths*, *Sect.* 24. Water warm'd by the Sun only moistens the Skin, but hot Baths digest and dry, the Cold, stop and contract it. He observes that some Ointments will promote Sweat, and that they make the Sweat more fœtid if mixed with it; but other Ointments are not offensive; all the old Oils and Ointments in *Dioscorides* may be read.

Alpinus describes the bathing of the *Ægyptians* in tepid Baths, but they use no cold ones in that hot Country; they used also Frictions by their Hands, Linnen, Cam-

let; and after they used Soap all over their Bodies, and washed it off with warm Water.

Herodotus, Lib 2. says, the *Ægyptians* use the Oil of *Ricinus* against Gnats; and this Practice may be useful in our Fen Countries against Punaises; they make that Oil by Frying and Expression; our Oil of Hempseed may have the same Effect, and Preparation, 'tis anodyne and discussing.

Bontius observes, that in *Java* the Inhabitants make an Ointment of Curcuma, Saunders, and Camphire infused in Oil of Roses, by which they preserve themselves from the excessive Heats near the Æquator.

Alpinus, in his Account of the *Medicina Ægyptiorum*, writes, that in malignant Fevers, and in the Small-Pox, when they do not come forth readily, the *Ægyptians* use Unction.

In malignant Fevers, after Glysters, cool Laxatives, and scarrifying of the Legs, *Ad inunctionem totius corporis accedunt, cute leniter perfricata atque postea calida inunctione inuncta naturæ ad cutim expressionem eo auxilio maxime adjuvantes, inunctionem vero ex oleo amygdalarum amararum, cum nitro rubro quod natron appellant, parant.*

In

In pueris variolis vel punctionibus effectis, hac lenitione nullum remedium securius, vel præstantius habent : We may safely try this Method.

We may prepare by Infusion Oil of Roses, Lillies, Jasmin, Orange Flowers or Peels, and Lillies of the Valley, Elder Flowers, Lavender Tops, or Rosemary, white *Narcissus* Flower, Junquils, Woodbine Flowers, Angelica Roots, Claryflowers, Flowers of Chamomile, Oleum Nardinum, Ol. Anethinum, Oil of Myrtle, Water Lillies, Violets ; or to a pound of any of these Oils ; we may add any aromatic chymical Oil from 10 to 60 Drops ; as Rosemary, Cloves, Cinnamon, Mint, Oranges, and of Rhodium.

Infuse 2 ounces of any aromatic Flowers in a quart of Oil ; change the same quantity of Flowers three times, and infuse not above 3 Days any aromatic, last it smell fætid.

We mix Vinegar and Oil of Roses to cool, and add Niter ; avoid hot Oils in Distillations, and hot Heads ; but *Ol. Laurinum* is proper to anoint, and then deterge it : But in the *Ecclesiastes*, 'tis said, Ch. 9. ver. 8. *Let thy Head lack no Ointment* ; and the Unction of the Head is mentioned in Scripture, but of this we have no Experience, whether it will preserve the Head from

from Baldneſs, and the Feet from Corns, or the Hair from Lice and Dandriffs.

Oil of Eggs is proper for ſmoothing the Skin, and its Chaps, Tetters, Pains, Ulcers, and Spots: Oil Olive may be made pleaſant with Cyprus, Calamus aromaticus, Lign. Aloes, Bay Leaves; infuſe all Oils in a Veſſel of Water three Hours.

The Fats of Animals may be waſhed in Roſe Water, or that of Orange Flower, ſuch is Hens or Capons Greaſe for Chops in the Skin.

Oils have been made by Expreſſion from Juniper, Cheſnuts, Small-Nuts, Beech-Nuts, and Ivy-berries, Piſtaches, the Kernels of Pine Apples, Cherries, Plumbs, Seeds of Gourds, Cucumbers, Melons, Pyony, Henbane, and Poppy Seeds; ſome Seeds are heated in a Frying-Pan, then ſteeped in Wine or boiled in Water to help the Expreſſion; Seeds of Angelica, Apples and Pears, yield Oil, and an Oil may be made out of all our Corn.

The Oil of Oats is thus deſcribed; hull white Oats half a peck, then boil the Oats in Allum Poſſet-drink, (Allum half a pound, Milk 6 pound) boil till the Oats break, and be as ſoft as Pap; draw off the Liquor in a Colender,

Colender, and put the Oats into a frying Pan; hold them over a gentle Fire ſo long as till the Smoak aſcends up; but when it runs only on the Edges of the Pan, then put the Oats in a clean Bag of Linnen, and preſs out the Oil, which keep ſtopt.

This Oil ſmooths the Skin for Itch, Scabs, Puſtules; for the Stone, give it with White-wine and Nutmeg; it feeds the Body, and makes it ſtrong; it is good for Horſes, their Glanders and Mourning of the Chine, and outwardly for the Farcy, and Hide-bound.

Thus Oil is made of other Seeds and Grains, of Wheat, Barley, and before the Expreſſion, heat the Ingredients, or the Plates very much; and if they be dry, they muſt be boiled or ſprinkled with Water or Wine. Vide *Ol. Tritici* in *Bates*'s Diſpenſatory, for Chaps, Ulcers, Kibes, Tettars, Scurf, Dandriff.

Oil may be made of clarified Butter in *May*; melt it and pour it into Water three times; this will continue ſweet a long time.

The Juice or Sap of Birch-tree, will make a good Lotion to cleanſe the Skin, and cure its Infections.

The

The Juice of the Elm-tree, makes the Face clear, and shining, and smooth.

The Decoction of Ash or Birch-bark and Wood being bitter, will make a Bath for Obstructions; and Elm-bark a mucilaginous Bath; Poplar, Withy, Oak, Beech, Maple, are fit only for a Decoction for styptic Baths, in lax dropsical Habits, and in Fluxes.

Oleum Populi nigræ is of a good Smell; *Ol. Omphacinum* is used cold, but all other Oils hot after Exercise, or hot Baths, to moisten the Body, when dried, by Astriction, cold, or sharp hot Humours, for which sweet Oils are best.

Palladius prescribes the anointing of the shorn Sheep with Oil and Wine three Days, in his Book *de re Rustica*; and *Cato*, *de re rustica* prescribes the Unction of Beeves. *Varro*, Lib. 2. mentions the Oiling of Horses, when first used; *Mediocriter exercendum, & cum sudorint perungendum oleo.* This Hint may be useful to running Horses; and since the old *Athletæ* always used Unction, they may be useful to Foot Races, or Cock Fights.

All the hot resinous Particles, as well as acrid pungent Salts, will pass thro' the Pores of

of the Skin into the Blood ; for which reaſon all the Body muſt be anointed, after a hot moderate Bath, and after Friction, or with it, as *Avicenna* obſerved, *Colorem & odorem unguenti quod fuit illitum lotia referunt : id autem qui reſina ſe aliqua inunxerit, ita eſſe experietur.*

The true Reaſon why warm Baths are diſuſed, is the truſting to chymical Medicines, which are believed will perform every Evacuation, and with hot Baths, Unctions will always be properly uſed. Let all young Phyſicians read *Hippocrates* and *Galen*, and they will obſerve that proper Baths and Unctions were always preſcribed, as well as Internals in moſt Diſeaſes ; read all the learned Commentators on our antient Writers, and They, within a hundred Years and leſs, preſcribed the ſame Baths and Unctions ; are not the ſame deſcribed in *Ægineta*, *Tralianus*, *Ætius*, and in *Celſus*, and in the *Arabian*, &c ? therefore all the learned Doctors both in *Greece* and *Rome*, approved of them ; but our Moderns have too much neglected the uſe of them, and mention little of them ſince the time of *Riverius*.

St. *John*, uſed to bathe at *Epheſus*, and went out when he ſaw *Cerinthus* there. *Iren.* Lib. 3.

In *Mindanao*, one of the Oriental Iſlands, Bathing is very much uſed, they never neglecting it, neither Morning nor Evening; and this is thought to be one Reaſon why they build their Houſes on the Banks of Rivers: Even Lying-in Women and Children newly Born, 'tis ſaid, are conſtantly dipt in cold Water, which they find is ſo far from injuring them, that it makes them Proof againſt any Hardſhip.

I remember about 20 Years ſince I cauſed an Oil to be expreſſed out of Muſtard-ſeed at the Oil-Mills, with which I anointed my Body all over, after I had uſed Friction with Bruſhes before a Fire, and then waſhed the Oil off with warm Water: This I did many Mornings, and afterwards I found my Limbs more ſtrong and fleſhy, and this cured the ſcorbutic Itching in the Skin.

Tho' warm Baths and Unctions have been much abuſed by Luxury, yet none can deny that they have a true Phyſical Uſe, and have been approved 2000 Years by all the learned Phyſicians.

The *Perſians* uſed Unctions luxuriouſly, without Bathing, as *Herodotus* affirms; becauſe there is great want of Water in *Perſia*, they uſe Well-water for want of Rivers and

and Springs, as *Tavernier* mentions; and he says, they have no good Oil: Their want of Rivers and Springs was the Occasion of the *Persian*'s Worship of them, and they would not anciently spit or urine into them.

The People of *Macassar*, another of the Oriental Islands, continually rub and supple the Limbs of their Infants with Oil, to render them nimble and active; and this is thought to be one Reason, that there is hardly ever seen a lame or crooked Person among them, either Man or Woman.

I tried the Neats-foot Oil, by anointing all the Body, and then washed it off; it plumps up the Skin, and makes it smooth, and is proper for Consumptions, and cures Pains and Weakness, if anointed Morning and Evening; its Effects will be greater by adding Oil of Lavender, Amber, Rosemary; or Oranges, and Camphire, any convenient Quantity.

Linseed Oil gives an ill Smell to the Body, and I thought therefore how to contrive Wash-balls, proper for each *Cacochymia*, many of which I tried with warm Water.

I much admire, Sir *Theodore Mayherne*'s Unction for the Gout, *viz.* Oil of Wall-

flowers a pound; decrepitated Salt, ground small and *Venice* Soap, of each 4 ounces; for Unction every Night, putting on Linnen Socks, or made into Wash-balls, with more Salt, and Soap, and Bean-Meal; and dissolved in warm or cold Water.

I have heard of an ingenious *Scotch* Physician, in *London*, who attends a Number of the indigent Sick, by Authority, that uses with good Success, in Rheumatic, Gouty, Paralytic, *&c.* Cases, an Unction, which he calls *Balsamum Vitæ*, made with Sapo Castill: cut thin, and dissolved, *fine igne*, in *Spiritus salis Armoniaci*, and then mixt, according to Art, with a Solution of *Camphir*, in *Ol. Terebinthinæ*, all of them in proper Proportions; and this Balsam, a Surgeon, a Friend of mine in *London*, has related to me he has tried on divers Occasions, and found it to have admirable Effects, and particularly in weak, Paralytic Limbs.

I tried both Oiling all the Body, and many Wash-balls, with cold Bathing, but found that unuseful to contract and relax at the same time: The Chymists have furnished us with distilled Oils; they are now used in Glysters, and too sparingly externally, since a dram of their Oil has more Virtue than a pound of old Ointments; and these may well be used in Wash-balls, and mixed with Ointments.

The

The Ointments which Witches uſe are made of ſoporiferous Medicines; Henbane, Hemlock, Mandrake, Tobacco, Opium, Solanum; and theſe give their deluding Dreams; but by theſe we may be convinced of the great Effects of Unction, and that they affect both Blood and Spirits.

Auguſtus was ſubject to Diſtillations, and therefore uſed hot Baths rarely. *Frigidis curari coactus*; but yet *Suetonius* ſays, *Ungebatur ſæpius, & ſudabat ad flammam, deinde perfundebatur egelida aqua, vel ſole multo calefacta*; (the *egelida* is *tepida*): He uſed Sea-Water, and the *Albulæ* like our *Buxton*, a tepid ſulphureous Bath for his Nerves. I mention this Remark of *Suetonius*, to ſhew that *Auguſtus* uſed Unction and Perfuſion of warm Water, and that a Phyſician muſt be conſulted whether a cold Bath or Hot muſt be uſed; and whether a tepid, or moderate hot, or very hot, is moſt proper for the Diſeaſe; and what ſort of Oil for Unction, or Waſh-balls, may have the greateſt Succeſs with the Perfuſion or warm Bath: Let none think warm Baths and Unctions a diſagreeable Practice; *nam Veteres non niſi loti & uncti diſcumbebant*: If they uſed theſe for Luxury, let us uſe them for our Healths, and Cleanlineſs, and for Prevention of Diſeaſes.

I ſent

I sent a little while since, what I had read, with my Thoughts concerning *Epilepsies*, in a Letter to a Surgeon in *London*, which, as it may give some Hints to others to make Tryal of this Method, I here insert it, *verbatim*.

SIR, *Lichfield, April 6.* 1724.

I Cannot but be much concerned at the great Number who die of Convulsions every Week in *London*; and amongst those Numbers, I suppose there are many *Epileptic* Children, and heartily wish some Medicine or Method could be found, which might save some.

For that end I cannot but communicate to you what I read in *Tranconius*, a *Florentine* Physician, in his Book *de Cura Morborum Pueri*, He observes, that most of the Epileptic Children died in *Florence*, and that there they for Preservation burnt the *Occipitium* with a hot Iron, by which means many were preserved, and they died *quibus ipsa inustio non*

non administratur : He imputes the Disease to an abundant, or corrupt Serosity in the Brain, which is to be evacuated; but I will transcribe the following Words from his Book, by which he clearly expresses his Cure.

Nulli tuta magis evacuatio cogitari valet, & quæ facilius ab infantili ætate toleretur, quam eaquæ per derivationem ad vicinia efficitur, per inustum occipitium, quod præsidium a magno illo Celso *celebratur, ut in suo de comitiali morbo legitur. Præsidium hoc siquidem non absque methodo & ratione, tum ad præservandum quemadmodum etiam ad curandum celebratur : & in hac præcipue florentissima Florentiæ urbe in qua cum familiaris adeo & endemicus fere sit infantilis hic morbus, pauci existunt puerili quibus cum jam mensem agerent & decrescente luna ad preservationem occipitium non inuratur. Hoc præsidio noxie humiditatis fit evacuatio, & a toto cerebro derivatio, & eidem contemperamentum & robur præstatur : omni ingenio igitur curetur, & apertum teneatur emissarium donec infans caninos dentes perforaverit.*

And for the preventing the Convulsions in Dentition, this Author writes thus :

Si in capite pueri pustulas non efflorescere contingat a dentium perforatione, ut epilepti-

cam

cam convulsionem præcaveamus, occipitii inustio præ cæteris præsidiis celebranda est.

You may easily discern the Reason of this Practice, when ulcerous Pustules do break out on the Head on Dentition; they secure the Child from Convulsions; and when they do not, this artificial Evacuation diverts or evacuates the acrid Humours from the Nerves.

I question not but Caustics, Blisters, raminculus Flammeus, Cupping, may something help in the *Occipitium*; but you, who know how to make the Inustion by a small hot Iron, may sometimes try the Effects of that, whether more considerable than other Evacuations; and I suppose bleeding by Leeches and Purging ought to precede all Topics.

Tranconius writ in 1592. *de custodienda Puerorum Sanitate*: He much recommends to Nurses to wash their Children with White-wine and Water to strengthen the parts, if flaccid; and he says, the old Writers mixed Salt-water and Wine. I cannot but impute this Frequency of Convulsions, as well as Rickets in *London* to the neglect of dipping in Baptism; and since cold Bathing effectually cures the Rickets, I believed that would have

have had ſome good Effect on the Epileptic Children.

Cold Bathing preſſes on all Parts alike, and therefore makes an equal Diſtribution of Blood and Humours; and as it ſtops the Secretion thro' the external Glands, ſo it may that Defluxion through the Glands of the Brain, and cure the Effervescence that forces the Secretions of acrid Humours into the Nerves, for that is the immediate Cauſe of Convulſions.

In *Celſus* you may obſerve he bled, in *Talo* of both Feet a little. This is a proper Revulſion: He purged with black Hellebore; he preſcribes long Walks, and Friction about 200 times in a warm Place after it; but the Head and Belly are not to be rubbed. In the Morning *Caput multa aqua frigida perfundatur*; the Walking and Friction to be performed twice in a Day; the Head being ſhaved may have an Unction of Oil, Nitre and Vinegar, and then make a Perfuſion of Salt-water; give Caſtor a dram, and Water in a Morning, and drink only boiled Water: All hot things muſt be avoided; Wine, Baths, the Sun; but theſe are his laſt Remedies; after Bleeding, in both Feet a little, he adviſes *Occipitium incidere, & cucurbitulas admovere, ferro candente in*

occipitio quoque & infra, qua ſumma vertebra cum capite committitur ad urere duobus locis, ut per ea pernitioſus humor evadat.

The incurable Epileptics may be relieved by much Exerciſe, Friction, Water-drinking, a moderate Diet, and Abſtinence from thoſe Accidents which produce the Fits.

This Advice in *Celſus* is for Men, but *Tranconius* for Children. Medicines can do little. But more may be expected from Chirurgery and cold Baths; if you make any ſucceſsful Trials, pray give me ſome Account of them, by which you will much oblige

Your very Humble Servant,

John Floyer.

A LETTER

A

LETTER

To the HONOURABLE

Mr. *Ch*------ *St*------:

Concerning the

REGIMEN

OF THE

HEALTH

OF THE

YOUNGER YEARS *and* ADULTS,

As *GALEN* has described them.

By Sir JOHN FLOYER, Kt. of *Lichfield*, M. D.

Sicuti fieri non potest ut unum Calopodium ad omnes homines Sutor accommodet, ita nec Medicus unam omnibus Vitæ speciem, quæ conducat. Galen. lib. 5. Latin. Translat.

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A

LETTER

To the Honourable

Mr. *Ch---- St-----*, &c.

SIR,

I Can return your Honour no better Anſwer than This ESSAY, to your ingenious *Letter*, in which you tell me, that the preſerving Old-mens Healths will be of Service to all the World, and by following the ſame Rules we may preſerve the Young, as well as Old.

I ought not to be wanting in any Service I can do, I therefore reviewed my old *Galen*, that you might conſider his

his Directions for the preſerving of the Health of Infants, of Youth, and of the middle Age, as well as the Old; and that by avoiding the external Injuries done to Human Bodies, and the Extravagances of younger Years, you may arrive at a healthful Old Age, and then live an Example of Piety, Wiſdom, and Virtue, to the Generations which muſt ſucceed.

Infants concoct and diſtribute their Nutriment very well, and by that they are nouriſhed and increaſed without any external Helps; the general Indication from their natural humid and hot Conſtitution is well anſwered by Milk Diet, and Baths of warm Water: theſe feed the thin Habits, and perſpire the hot Humours. This is *Galen*'s Advice.

Galen acknowledges that the tender Skin of Children wants to be hardened, and he ſays that the *Greeks* ſalted the whole Body for that end, as ſoon as they were born; but we find the Chriſtian Immerſion more reaſonable: but he thinks that it will hinder the Growth of Infants, but now I have here ſeen the Immerſion of a third Infant, in *September* laſt, without any Injury to its Body; and many Experiments have here been made of dipping Infants in Tubs of cold Water, at one or two Years old, by which their weak Limbs are ſtrengthen'd,

and

and the Habit of the Body made plump, and a good Colour given to their Faces, and their Appetites improved very much.

Galen diſlikes the Milk of Nurſes, if bitter, ſalt, thick, caſeoſe, or too thin, ſeroſe, or fœtid by Venery; he preſcribes their Exerciſe in Cradles, and in the Nurſe's Arms. The Child muſt feed only on Milk, till it has its firſt Teeth, and not eat Bread before, nor our Water-pap: He adviſes the Rubbing of the Child, and Anointing it with Oil, and then waſhing it in warm Water, every Day faſting, after its Sleep in the Morning. This Advice I think may be uſeful to thin hectical Habits, but *Galen* thinks it neceſſary to preſerve the natural Laxity of the Skin, for the Increaſe of Fleſh and Perſpiration; the ſame he preſcribes to Children when they run about, to be uſed every third or fourth Day, and then they may bathe in Rivers and Ponds in the Summer time.

In the ſecond Seventh Year the Body is hot, but not ſo moiſt as in the firſt; all the preceding Regimen is uſeful; but the Manners are then to be formed, and good Cuſtoms. They are corrupted by ill Cuſtoms in Eating, Drinking, Exerciſe, Anger, Sadneſs, Crying; all Pains muſt be removed, all the Injuries of Heat and Cold, and thoſe that irritate any violent Motion of Body

or

or Mind. At this Age, Religion, Languages, Decencies in Carriage, Dancing, Singing, are taught, and Riding, Swimming, Fencing.

This is the Regimen in the third Seventh Year: The Preſervation of Health begins with Labour; uſe a Mediocrity of Meat, Drink, Sleep. Exerciſe excites the Heat and Circulation, and hardens the Body by Attrition; the ſlow feeds much, and the quick Motion dries. Friction excites the Motion in the nervous Fibres of the Skin, it promotes the Circulation in the Blood-veſſels, it helps the Diſtribution of Nutriment, by evacuating the Humours ſtagnating in the Skin. No Friction is uſed to the Belly, leſt it force the crude Humours too ſoon from thence.

Much Friction evacuates too much; it forces the Blood and Nutriment out of the Parts, to circulate back to the Heart, it contracts and hardens the Muſcles, if the Friction be hard; and hard Frictions produce a Laſſitude.

The preparatory Friction before Exerciſe is ſoft; it moderately heats, opens the Pores, mollifies the Solids, makes the Humours fluxile, and expells the Excrements; the Friction after Exerciſe is ſoft with much Oil to mollifie the Solids.

A florid Colour and Tumour are Signs of a moderate Friction, for that firſt ſwells, and then contracts the Fleſh by its Continuance, as warm Baths do.

We ought to uſe Friction in a Room very warm, becauſe Cold contracts the Skin, and ſtops the Pores: And its white Colour as well as a Horror, is a Sign of the Pores ſtopt by the Contraction of the cutaneous Fibres, either by very hot or cold Water.

All Baths are either of temperate Heat, and theſe agree with the Southern Nations, as the *Africans*, who now commonly uſe Waſh-houſes, a Sweating-room, and a Ciſtern, into which both hot and cold Water is received to waſh off their Sweats with Soap, and they are cooled in a Wrapper, as *Pitt*'s Voyage to *Mecca* relates *; or elſe the Water and Room is more temperate, which the moderate Climates did uſe; at *Athens* and *Rome* they uſed a Labrum, like our Fonts, the Picture of which is in Mr. *de Choul*. The *Turks* now uſe ſuch Baths for Preſervation of Health and Cleanlineſs. And theſe ſeem to be old *Grecian* Baths: But the *Romans* bathed for Pleaſure, always before Eating, with perfumed Oils; they uſed Exerciſes before their Baths,

* *The Price is Three-pence.*

which were adorned with Marble Pillars and Statues, and Silver and Gold Pipes, and Strigis of the ſame; but the Price of the *Roman* Baths was only a Quadrant, and *Antoninus Pius* made them free to all. The *Romans* eat only Suppers, and began their Exerciſe and Baths in the Afternoon, and held them till Night. The *Greeks* and *Romans* uſed at firſt Baths only for waſhing, and their Healths; but all their Luxury muſt be rejected. *Agrippa*, *Nero*, *Domitian* uſed them for Health, and built them magnificently, and the *Romans* built them in their Houſes, as *Cicero* and *Pliny* teſtify. The Philoſophers met in their Gymnaſia, and there they exerciſed both their Bodies and their Minds, and Baths were called the Remedy of Men of Learning; therefore ſome Expences for Baths ought to be allowed in our Colleges, for preſerving the Health of the Learned Men.

The *Romans* uſed Friction, Exerciſe, and Unction before cold Bathing, and the ſame after them, to reſtore Heat: *Galen* adviſes to go in but twice at one Bathing, and not thrice; he ſays they ſtay in too long, who are not ſoon heated by Friction and Oil. In hot and calm Days cold Baths are to be uſed, and we know how long to ſtay in them by our Experience.

In *Homer*'s time, *Hoſpites in ſolia deſcendebant, & loti oleo ungebantur*; Oils were uſed for Laſſitude and againſt Cold, to warm and mollify, and to make their Bodies more active and ſtrong: Unctions were commonly uſed in *Balneis*, *Conviviis*, *Paleſtris*: In the *Apodyterium* they undreſs'd; in the *Calidarium* they ſweat and bath'd; in the *Frigidarium* they cool'd by the Water; in the fourth part they uſed the Strigil to cleanſe off the Sweat.

When Men are full grown after the third *Septennium*, Exerciſe without bathing is ſufficient; too much Exerciſe and Wine injures the Head, excites Anger and Luſt, and theſe render the rational Part dull and turbid: Great Motions render the Body bilious, and too little, pituitous, and the Mind ſtupid.

After Venery the Spirits are weak, and the Body dry; both the hot and cold Baths moiſten, and refreſh it.

For theſe Ends we uſe Morning Frictions: for Coldneſs in the Skin, Friction and Unction; for Humidity, dry Friction; for Drineſs, Friction and a little Unction; for Denſity, ſoft Friction, and Unction to relax; for Laxity, no Friction by Oils, but cold Baths.

The Night Frictions are for Laſſitude and Leanneſs.

The ulcerous Laſſitude from rarified Humours, is cauſed by Exceſs in Exerciſe, the Skin is thick with a Horror, or a Rigor, which is a Concuſſion of the whole Body by the Muſcles, when the Pulſe ſtops in the cold Fit of Fevers: but if the Tendons and *Perioſteum* are affected, we call it a Pain in the Bones. The Circulation ſtopt in the Muſcles feels like a Contuſion: this is cured by much ſoft Friction with Oil, ſuch as *Galen* calls the *Sabinum*; but he ſays the *Spaniſh* and that about *Aulonum* have an Auſterity, and he diſtinguiſhes the Virtues by their Taſtes.

The Laſſitude with Tenſion is only a Diſtention of the Fibres of the Muſcles; it's cured with Unction and warm Baths, and after, a ſecond Unction, but uſe no hard Friction, or cool Oils.

An Inflammatory Laſſitude is by vehement Exerciſe, in thoſe that are not accuſtomed to it; if great, we may bleed thrice, and uſe ſoft Friction with Oil; uſe a thin Diet, nouriſh little, and by degrees, drink Wine and Water.

If there be a Gracility from too much Exerciſe, uſe ſoft Friction, warm Baths, and after them the cold.

Galen tells us, a crude Humour, called Phlegmatic, is produced, (that is by a Circulation too ſlow;) and by much Labour the Choleric

Choleric Humour (that is, by a quick Circulation); and the *Atra Bilis* by the moſt vigilant Motions of Body and Mind: after much ſweating the Humours are thicker. And thus *Galen* diſtinguiſhes the Cacochymia's by their Taſtes; the Sweats are bitter, acid, or fœtid, ſalt, or ſour; the Serum diſſolves all theſe Humours, if they paſs the Skin-Glands; and the Urine ſhews the faulty Humours of the *Viſcera*; therefore the Colour in the Skin has the moſt certain Marks of the Cacochymia's: Thus the Ancients diſtinguiſh'd their Cacochymia's, by ſenſible Qualities. *Infeſtat alias biliosum, alias pituitosum, ſed quod vel ſalſum, vel acidum ſit, aut craſſius, aut ſero proprius; aut media quâdam conſiſtentia.*

By Baths the old Phyſicians evacuated more often than by Purging, and they evacuate the hot Fumes bred in Summer: A tepid Bath is moiſt and cooling, and fit for the *Africans*, who are ſcorched by Heat; and our Heats in Summer are like theirs, and then we want ſuch Baths.

The moderately warm Baths heat and moiſten, and theſe are ſuitable to the temperate Climates, and are proper for *England*, Spring and Fall.

The hotteſt Baths agree with the moſt Northern Nations; and theſe heat, and do not feed or moiſten: and theſe are proper in our Winters. All ſorts of Baths will

agree

agree with our Northern Climate, which has all these Varieties of Seasons in moderate degrees; and we use those Baths which the Season requires.

Men in the Northern Climates are of unequal Tempers, cold without and hot within; the hottest Baths cure all the Injuries of cold Air, and perspire the inward Heat.

Baths of Sea-water, or our purging, nitrous, or bituminous or sulphureous Waters heat much, and are proper for Diseases, and not for preserving Health.

No acrid Humours are to be revelled inwardly, nor no crude outwardly: Those Humours that are outwardly ought to be spent *per halitum*. These things drive outwardly; Exercise, Baths, Fomentations, Anger, Friction, hot Oils. Cold or astringent things outwardly, drive Humours inwardly, as well as Sadness, and a Horrour either by a hot or cold Cause.

Turpentine mix'd with Oil, or the Flowers of Poplar bruised and digested with it, discuss, and help Lassitude; and for arthritic Pains a fourth Part of Wax and a twelfth of Rosin mixed in the Oil, make it stick longer on the Part.

The hot and humid must purge before bathing, and bathe twice in a day to perspire the Heat; but the pituitous, cold, and

and humid, muſt uſe more Exerciſe than bathing, becauſe they are ſubject to Defluxions.

After Bathing we may uſe Medicines for Obſtructions, ſuch as Rhubarb, or Bitter Almonds, or Turpentine, which is a general Cleanſer of all the Glands; but no hot Medicine muſt be long uſed in hot Conſtitutions, unleſs with Oxymels and Vinegar.

For crude Humours *Galen* uſed Diacalaminth, or Diatrion Pipereon, or white Pepper pounded, in all Meats and Drinks; the Tincture of Pepper is moſt effectual.

They who follow Employments muſt not alter their Diet, but they may uſe Baths at Night, with Unction, without any Exerciſe.

Galen only eat Bread in a Morning with Honey, at the fourth Hour, and did not drink after it.

Antiochus, a Phyſician of 80 Years, uſed Friction, Summer and Winter, in a warm Room; his Breakfaſt was Honey boiled with Bread, and then he read to the ſixth Hour, and afterwards uſed Friction and Bathing, and after them, Dined; he eat three times in a Day; his Senſes and Memory were preſerved to the laſt.

Telephus uſed Baths twice in a Month in the Winter, in the Summer four times in a Month, and on thoſe Days he did not bathe

bathe he used Friction and Unction at the third Hour, then he took Honey boiled in Alica; he dined at the seventh Hour; his Supper was only Bread and Wine: In Spring and Autumn he bathed three times in a Month, when he was 100 Years old.

All old Men cannot use Milk; this disagrees with Obstructions: Milk is good with Honey, and Wine with Honey is commended in the Stone and Gout.

I will give my Conjectures concerning the Regimen in *England*: All our Ages must preserve their Healths by a moderate Use of Diet, Exercise, *&c.* but we must cure any growing Cacochymia's, (and such is the Choleric, the Salt, and Viscid in Men) by the contraries described above. If we consider our Perspiration, that is most in the Night, and the Evening Friction and warm Baths will promote it; and if it be deficient in the Morning, Friction and warm Water will discuss what is preternaturally retained, and Unction then will preserve from Cold. From *April* till *September*, the Weight of the Body decreases about three Pounds; and then the Spring or Summer warm Baths may help the Perspiration; from *September* till *April*, the Weight of the Body increases, and a warm Bath in the Autumn, or about *February*, may diminish the winter Plethora, and prevent the Intermitting

mitting Fevers; and I always ſuppoſe ſuch Bleeding and Purging as the Conſtitution requires, before Bathing: In Winter, warm Baths expoſe the Skin to be more ſenſible of cold Air. Old Men with great Difficulty alter their Cuſtoms; and, if they have wore Flannel, cannot bear Friction and Bathing without a warm Room. And let all Young Men remember what is writ, *They who are well, need no Phyſician*, but on any Alteration they muſt conſult him. I have no more to write on this Subject, but will conclude with my hearty Prayers for your Succeſs in your Studies of Arts and Sciences, which will accompliſh your great Genius for the Service of God and your Country. I am,

Your Honour's

Moſt Faithful and

Sept. 19. 1724. *Humble Servant,*
LICHFIELD.

JOHN FLOYER.

T *Some*

Some NOTES *omitted.*

Mercurialis gives his Approbation of the Uſtion of Childrens Heads in the Epilepſy, in theſe Words, in his Book *de Puerorum morbis internis* :

In uſu eſt in pleriſque Italiæ *regionibus, non ſolum Epilepticos pueros, verum etiam quoſvis, ſtatim incendere ut vocant ; nam ferro ignito, aut titione, quemadmodum ſæpe feci, poſteriora capitis in duobus, vel pluribus locis uruntur : hæc enim Uſtio mirifice valet ad deſiccandum puerorum humiditatem.* And this he confirms by a Quotation from *Herodotus*, *lib.* 4. that the *Lybians* uſed, *pueris quadrimiis cervicem inurere, atque hoc Remedio eos liberare ab omni morbo pituitoſo, ut ſemper in poſterum ſaniſſimi vivant.* And *Mercurialis* has this further Obſervation, *Memini me juvenem curaſſe igne, à cujus coxâ elevabatur vapor qui faciebat Epilepſiam.*

This

This Saying is very remarkable in Mr. *Choul*, concerning the antient Baths, which he ſays the *Greeks* and *Romans* frequented, *pour conſerver la Santé, et pour obvier a pluſiérs Maladies; car c'eſt un Remede ſingulier pour le gens de lettres.*

It is my Opinion, that all Exerciſe ought to be diſtinguiſhed into the voluntary Motion of the external Muſcles, and the neceſſary Motion of the Muſcles, which act continually, and are neceſſary for the Preſervation of Life, the Reſpiration, and Sanguification of Chyle, and the Secretion of Humours produced from it, by a longer Circulation: The frequent Motion of the external Muſcles is for the acquiring greater Strength; and this is accurately deſcribed by *Galen*, and the ſeveral Exerciſes which affect each Muſcle; but he has only given an obſcure Hint of the Motion of the Heart, Arteries, and Veins, becauſe he knew not the Circulation.

All the hot Regimen accelerates the Pulſe, by exciting a greater Heat, and Rarifaction in the Blood, and that ſtimulates the Heart, and that accelerates the Reſpiration, and by the Motion of the pectoral Muſcles, and the Diaphragm, the Lungs are firſt diſtended, and afterwards make an Efflation of rarified Humours, by the Muſcles of the Belly, and all the Viſcera in the lower Bel-

ly are ſhaked by thoſe reſpiratory Muſcles, and thereby the Glandulous Viſcera are helped in their Secretions, *viz.* the Liver, Spleen and Pancreas; and the Motion of the Chyle to the Subclavian Vein is helped, and the periſtaltic Motion of the Guts we help by Cathartics: The Contraction of the Guts acts like a Pump, and it is naturally irritated by the Depreſſion of the Diaphragm; that helps the Expulſion of the Fæces alvinæ, and the Urine; and the *cohibitio Spiritus* was eſteemed an Exerciſe, or rather a Stop of Exerciſe, becauſe it hinders the Return of Blood from the Head. The Motion of all the external Muſcles helps the Motion of the Blood, and its Return through the Veins; there is alſo divers ſmall Pumps joined to the Veins, to help the Return: There is in the Porta, where a Pulſation is perceived, a ſmall Pump, to help the Blood thro' the Liver, and the Auricles of the Heart are Pumps to inject the Blood into the Heart, and that has two large Ventricles to project the Blood through the Arteries, and the annular Fibres promote the Motion of Blood in the Arteries. We obſerve the Motion of the Membranes in the Brain, and they by their Contraction help the Circulation through the Brain, both of Blood and Spirits.

A moderate Uſe of Snuff, in a Morning, may ſtimulate the Circulation through the Brain,

Brain, but to take it all Day is a ſcandalous Abuſe of it, and makes the Head very dull, and full of Blood. Applications to the Stomach help the Circulation through the Porta; if Turpentine be added to the Plaiſter, by which Agues are cured; and by Applications of Cordials to the left Side, or the whole Region of the Heart, its Muſcles and Motion is accelerated; or retarded by Acids and Styptics, in Hæmorrhages. We uſe hot Fomentations and Oils in cold Diſeaſes of the Head, and cool ones in the violent Motion of Blood into it: but 'tis hot and cold Baths which regulate the Circulation moſt effectually: The Hot accelerates the Motion of the Heart, and all the venal Pumps; the Cold checks and ſtops the irregular quick Motion of all the circulatory Pumps.

As to the Exerciſes of the Gymnaſia, we muſt acknowledge with *Galen*, that many Cures were done by them; but now we only uſe the Motion of the Arms, Legs, and Thighs, to help the Return of the Blood; and when we diſcern that our ordinary Exerciſes have produced a Sweat, we may well conjecture that all other Secretions in the Viſcera are alſo begun; therefore this is the rommon Rule for Exerciſe; we labour in our ordinary Exerciſes till a moderate Sweat ariſes, and the Breath is moderately

accele-

accelerated, and we ceaſe before a Laſſitude: To ſtrip naked for Friction and Bathing, unleſs the Room be very much heated, may occaſion ſome Diſorder in cold Climates; yet the Perfuſion (or *Semicupium*) of warm Water on the Arms, Legs, and Thighs, may help the Circulation of the Blood in the Veins, and a Friction of the ſame may ſupply the Want of Exerciſe: And the true End of all hot Baths and Friction is to help a quick Return of the Blood thro' the Veins to the Heart, which it will ſtimulate to a greater, quicker, and a more vehement Pulſation and Circulation of Humours, and their Secretions. As to Oiling, we may be contented with Caſtile Soap, to which Specifics may be added, which are uſed inwardly for the Cacochymia; if they be uſeful inwardly, they will agree alſo externally, and communicate ſome Vertue through the Pores to the Veins and Nerves.

The *Turkiſh* Bagnio's ſeem to me moſt uſeful for preſerving Health; they have excluded all unneceſſary Practices of Exerciſes, and luxurious Oils in their Waſhing-houſes and Baths; but the moderate warm Room, and moderate warm Baths are retained. And this manner of Bathing I ſuppoſe they have had by Tradition from the *Græcian* Empire, which they now poſſeſs.

Pro-

† *Prospiciendum est, ut eorum quæ eduntur & bibuntur, respectu eorum quæ expelluntur, conveniens mediocritas servetur: savè is modus servabitur, si ponderabitur à nobis in utrisque quantitas.* From this Hint *Sanctorius* made all his Experiments; and if all our new Inventors of them would acknowledge whence they had their first Notions, the old Writers ought to be esteemed as the first Inventors of those things the moderns have improv'd.

This Observation of *Galen* agrees with *Sanctorius*'s Experiments, that hot and humid Temperaments have a great Plenitude of Humours in the Spring, such as Quinsies, Catarrhs, Hæmorrhagies, and other Inflammations; therefore we bleed in the Spring, and purge off Choler, Phlegm and Serum, and use much moderate Exercise, and moderate Bathing, after Evacuations: But in the Autumn the Body is much evacuated by the Summer Heat, therefore *Quincy* well observes Diet-drinks are then injurious; but I may observe that the warm Water Baths may then evaporate all hot Fumes, and attemperate the hot Humours bred in Summer.

Let none think that Frictions, Unctions, warm Water Baths, are a singular Notion

† Galen. *lib. 6. de tuendâ sanitate, Linacer's Translat.*

of

of my own, for the ſame are recommended in *Levinus Lemnius* * as well as *Galen*. As the cold Baths were much oppoſed till Experiments had convinced all Perſons, ſo I expect the ſame Ridicule againſt Warm Baths, till they are convinced by the Trials made by prudent Phyſicians, who know the true Indications, and moſt eaſy and ſhort Method of uſing hot temperate Baths, for preventing or curing Diſeaſes. I never read any rational Method equal to that which *Galen* has writ for preſerving Health, and curing many Cacochymia's; our Philoſophy, and Anatomy, and Forms of ſimple Medicines exceed his great nauſeous Compoſitions; but we muſt yet purſue his rational Method, and his Deſcriptions of the Taſtes of ſimple Medicines; and all we can do further, is reducing them into Claſſes under their Phyſical Taſtes. And ſince we can diſcern what the old Writers deſcribed by the hot, cold, dry, and moiſt Temperaments, we can well expreſs the ſame by the Terms of Philoſophy we now uſe. The great Variety of *Hypotheſes* has produced various Methods in Phyſic, I only take the Liberty of expounding the old Way of Friction, Unction, and Baths of warm Water, approved by Philoſophy both

* *De habitu ſicco*, cap. 9.

old

old and new, and a long Experience of former Ages.

We muſt eſteem our Bodies as a Machine made of divers Pipes, which are filled with the animal Humours; and in this Machine there are various natural and neceſſary Motions, the Circulation of Blood, the Secretion of Humours, Expulſion of Excrements; the moderate Motion is the Health of the Machine; the violent or too ſlow Motion are the ſame Faults as we find in our Watches: The Regulation of theſe Motions is by the Nonnatural Things, Air, Diet, Exerciſe, *&c.* and I thought the beſt Method of knowing all irregular Motions was by obſerving the Pulſe of the moſt healthful.

There is a great Latitude in Health, and divers Degrees of violent or two ſlow Circulations, and Secretions of Humours; and Differences in the Excretion from our Bodies; and by theſe we may well diſtinguiſh the ſeveral Conſtitutions, better than by the different Proportion of the Elements, which cannot be known; nor is it neceſſary to a Phyſician, whoſe Buſineſs is to regulate the natural Motions of an Animal Machine: So a Watchmaker can amend all the Movements in his Watches, without the Chymical Notions of the Principles of the Metals he uſes.

The conſtant Motions of all the pectoral Muſcles, and the abdominal are neceſſary for Reſpiration, and the Secretions from all the glandulous Viſcera, and they alſo help the Diſſolution of our Diet by the Fermentation in the Stomach; the Diaphragm compreſſes it, and the Muſcles of the Belly give the Contents an Agitation upwards, and preſs the Chyle into the Lacteals, and help its Aſcent to the Subclavial Veins. When theſe Natural Motions are too ſlow, we uſe ſome Exerciſe by the Arms, to force the Blood in each Muſcle to return more quick to the Heart, and that moves more vigorouſly the Lungs, and the pectoral Muſcles have their Stimulus thence. The Motion of the Legs and Thighs promote the Reflux of the Blood through the Cava to the Heart; but the Abdominal Muſcles by compreſſing the Belly, help the Circulation through the Veins of the Porta. We may help the Reſpiratory Muſcles Motions, by taking Muſtard-ſeed-Snuff in a Morning, and if that be not ſtrong enough, add one Dram of Powder of Primroſe-Roots to each Ounce: This Sneezing faſting cleares the Head and Lungs from a Phlegmatic Humour, and helps the Circulation in both Parts.

I have found much Benefit for the Aſthma by a Mead, two Pounds to every

very Gallon, this Summer, adding Cloves, one Dram, Ginger half an Ounce, and Lemon Peels: This may agree with the Gout and Stone, and then Daucus-ſeed one Ounce may be added to each Gallon in a Bag, without the Aromatics.

We want a Method for the Uſe of Turpentine, which is a Specific for all the Obſtructions by the crude Phlegm: In Pills it is taken in a too ſmall Quantity; it will mix with a Linctus or Syrup of Balſam, an Ounce of Sugar or Honey to half a Pound of Syrup: He who ſhall hit upon the pleaſanteſt Method of giving Turpentine about half a Dram at a Doſe, that many Ounces may be uſed, will do great Cures in all Caſes it is proper for, as Stone, Gout, Catarrhs, Dropſies and cold Scurvies, and Rheumatiſms and Ulcers, and Obſtructions of all the Glands. Waſhing abates the reſinous Acrimony; it is diſtilled with Aromatics; it is made into a Balſam with Oil of Turpentine and Flowers of Sulphur: The Oil may be mixed with the Aromatic Oils, as Oil of Anniſeed, Oil of Juniper. The *Potio Alba* is nauſeous, and the Doſe of Turpentine too great; it will mix with Electuaries, as in *Electuarium Lithontripticum* in *Bates*; that Form is moſt effectual, in which the natural Taſte of a Medicine is pre-

ſerved, and a few things added for to give it a convenient Form and Pleaſantneſs.

Turpentine is the only Balſam Nature has provided for the Northern Climates, for all the colder Diſeaſes, and it will agree with all the colder Conſtitutions; but in the hotter Tempers ſome cooler Things, ſuch as Conſerve of Hipps, *Cremor Tartari*, *Sal Prunellæ*, and Syrup of Balſam may be mixed.

The Cortex is an effectual Alterative in the Quantity of three Ounces in Subſtance; but we yet know not what Quantity of Turpentine is neceſſary to produce a certain Effect in many Caſes in which we uſe it. We uſe many Medicines for three or ſix Weeks, in which time ſome reaſonable Quantities of Medicines are taken; and why may we not try Turpentine ſo long, in ſtrong Conſtitutions, to obſerve that Quantity which will produce its full Effects?

Turpentine will mix with Caſtile Soap, and may have ſome very good Effects, by cleanſing the Skin, and by entring its Pores; but the Oil will enter more readily.

In being adminiſtred any way, the balmy Particles of it, as an Author has obſerved, and Experience confirmed, gets into the Maſs of Blood, circulates with it every where, flies thro' the minuteſt Paſſages, and diffuſes it ſelf into the inmoſt Receſſes

ceſſes of the Body, as being of a penetrating, ſearching, opening, deterging and healing Nature, friendly affecting the Nerves, Glands, Bowels, *Uterus*, Reins, Bladder, and urinary Paſſages, and by its Balſamic Properties does refreſh, heal and ſtrengthen them.

Turpentine therefore promiſeth, ſays he, well in the Belly-ach, flatulent and humoral Cholic, Dyſentery, Conſumption and other Thoracic Infirmities. Alſo in Maladies of the Nerves, either from Oppilation or Laxity: In Cachexies, Dropſy, and all internal Ulcers. Alſo to prevent the Stone, cauſe Urine when the Paſſages are ſtopp'd up by Gravel, or glutinous Mucus; helps in a Dyſury, and is uſeful in a white *Fluor*, and *Gonorrhea*, in which latter it is wonderful, inſomuch that there is ſcarce a Caſe of this kind, now cur'd, which has not had ſome Aſſiſtance by it.

But then for this Uſe of Altering and Amending the Juices and Fibres, it muſt be given frequently, and in ſuch ſmall Quantities at a time, and in ſo commodious a manner as will agree beſt with the Stomach, ſtay longeſt in the Body, and not purge it ſelf off; for large Doſes of it go thro' too quick, and beſides offend the Head.

F I N I S.

The following Manuſcripts *(of Mine) are left in the Library of* Queen's-College, *in* OXFORD, *viz.*

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